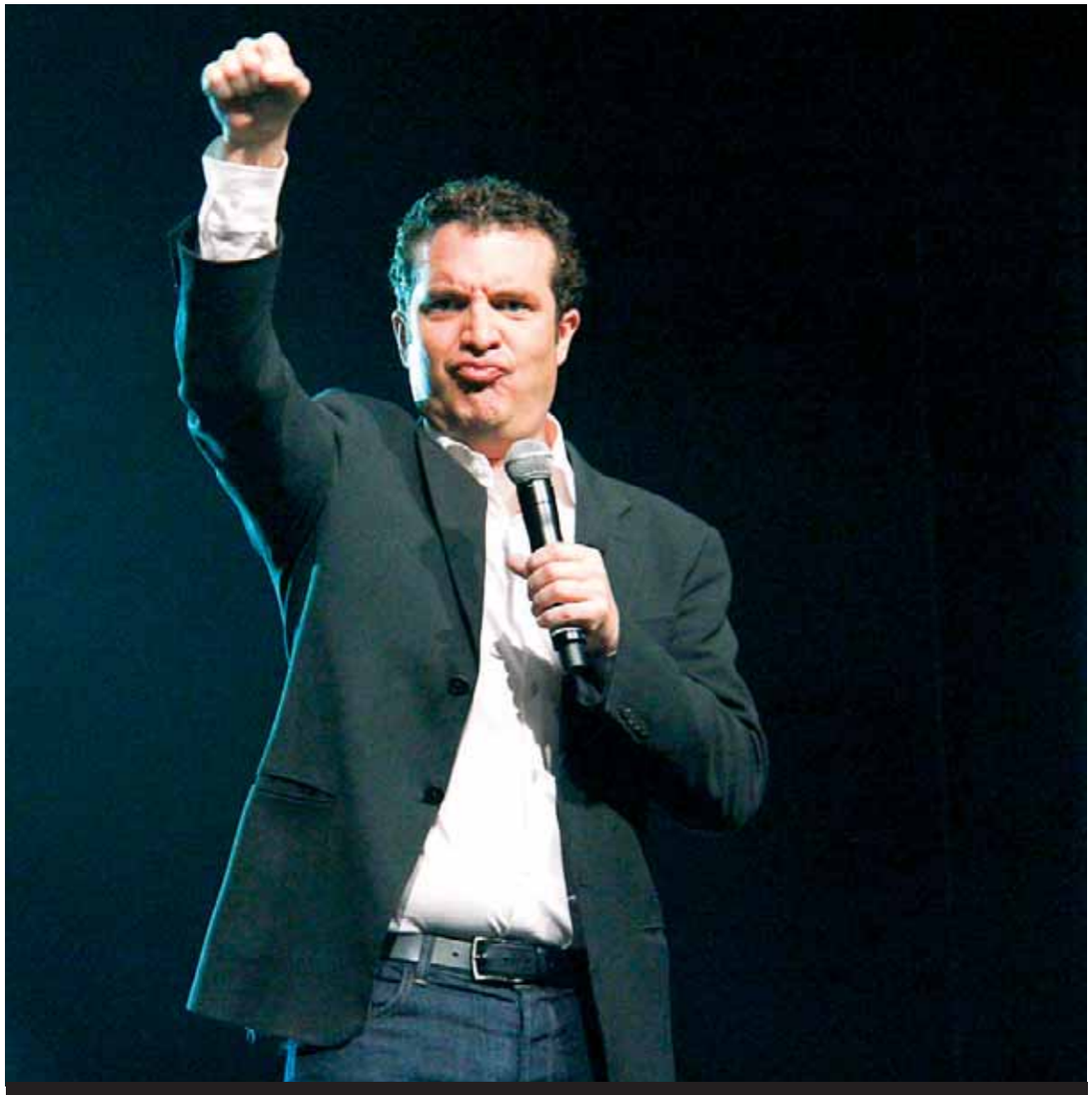
OTTAWA metro®

NEWS WORTH SHARING.

NO BOY BANDS LIVE 88.5fm

BACK FROM THE DEAD FOR MOUTH-BIRTHING FROG?

NOT SINCE A PYRENEAN IBEX WAS REVIVED FOR SEVEN MINUTES IN 2009 HAVE SCIENTISTS SUCCESSFULLY EFFECTED A 'DE-EXTINCTION' PAGE 8



RICK CHEERS ALGONQUIN HIGH ROLLERS

Satirist Rick Mercer raises a triumphant fist at a special visit to Algonquin College Monday. Mercer visited the college after students there raised more money than any other Canadian post-secondary school for the Spread the Net anti-malaria charity. For more on this story, see page 4. GRAHAM LANKTREE/METRO

Judge tosses breathalyzer evidence

'Unreasonable search and seizure.' Ruling strikes blow to Crown's case against Pembroke dentist involved in deadly Highway 17 crash

Haste makes waste?

"In my view, (Const. Ryan) Besner acted with inappropriate haste."

Judge Neil Kozloff in his written decision explaining why he threw DUI evidence against Dr. Christy Natsis out of court

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Breathalyzer readings that showed Dr. Christy Natsis had two times the legal amount of alcohol in her system following a deadly crash were tossed out by a judge Monday — a major blow to the Crown's case against the Pembroke dentist.

"The obtaining of the breath samples from her constituted an unreasonable search and seizure," ruled Judge Neil Kozloff, noting that Const. Ryan Besner, who arrested the 48-year-old Pembroke dentist in March 2011 did not have "the reasonable and probable grounds to arrest Dr. Natsis at the moment he placed her under arrest."

Unlike other officers, Besner had just arrived on the scene and made the arrest without proper consultation, he said.

Kozloff noted that Natsis could have been arrested within the law. "In my view, Besner acted with inappropriate haste," he wrote in his ruling on the evidence.

"He lacked the reasonable and probable grounds to arrest Dr. Natsis. It would have been prudent and sensible to consult beforehand with the officer who had been at the scene for some time observing Dr. Natsis."

The head-on crash on Highway 17 killed 50-year-old Ottawan Bryan Casey. Natsis pleaded not guilty to impaired driving causing death, dangerous driving and having over 80 milligrams of alcohol in her bloodstream.

Kozloff also noted that Besner interrupted Natsis several times while she was speaking with her legal counsel following her arrest.

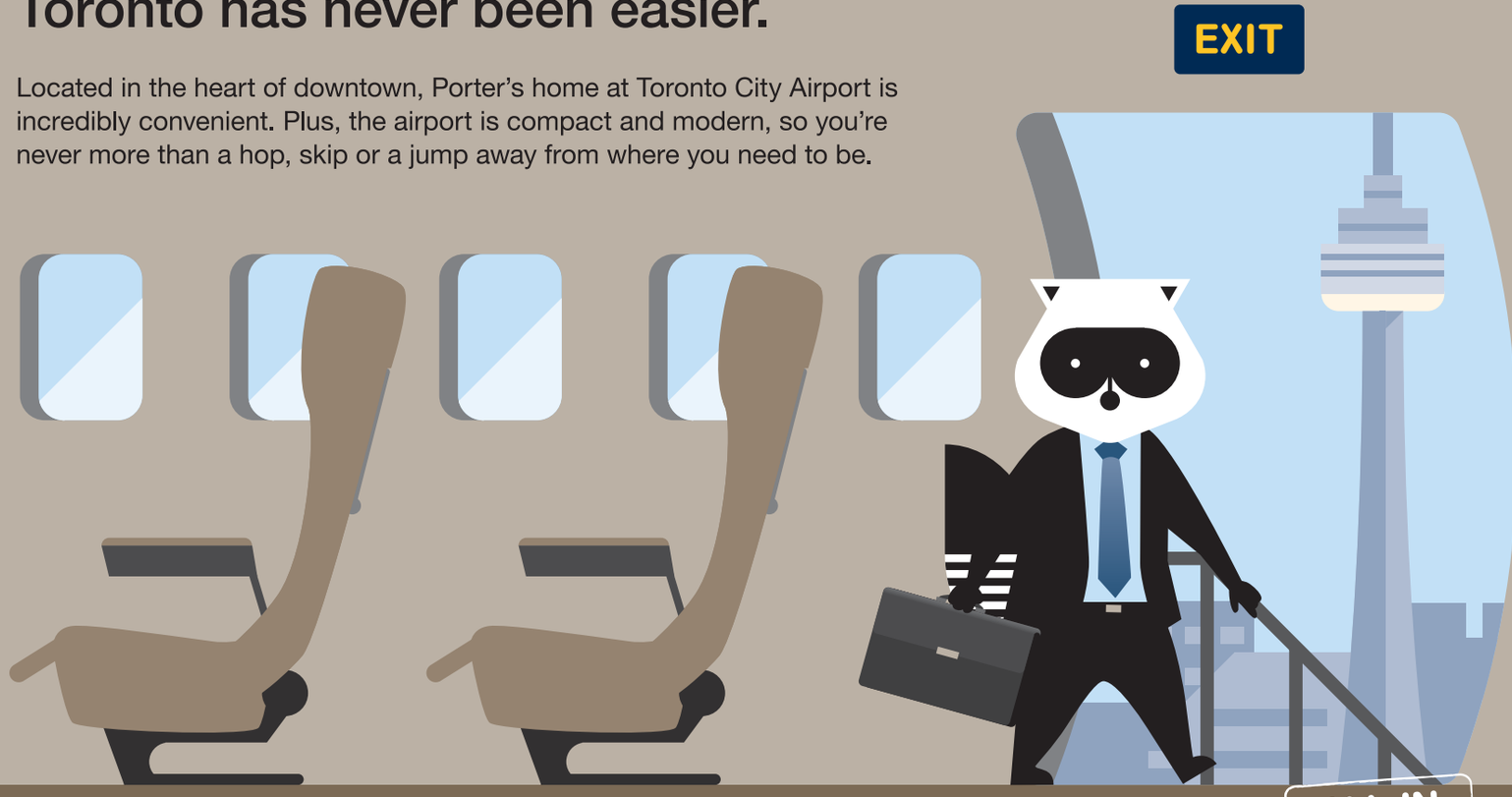
"Besner's response was unwarranted," he wrote. "In my view, it was the product of Besner's ignorance of the meaning of solicitor-client privilege."

In early March, Natsis' lawyer Michael Edelson argued to have the breathalyzer evidence thrown out due to police conduct in the case.

porter
flying refined

Easy come, easy go – landing in downtown Toronto has never been easier.

Located in the heart of downtown, Porter's home at Toronto City Airport is incredibly convenient. Plus, the airport is compact and modern, so you're never more than a hop, skip or a jump away from where you need to be.



ALL-IN PRICES

Flights from Ottawa: Book by March 20, 2013. One-way fares include all taxes, surcharges and mandatory fees.*
Fares starting from:

HALIFAX 5 x daily	MONCTON Daily	ST. JOHN'S 4 x daily	TORONTO 18 x daily	QUÉBEC CITY	SAULT STE. MARIE	SUDBURY	THUNDER BAY	TIMMINS
$209 Includes all taxes/fees	$186 Includes all taxes/fees	$259 Includes all taxes/fees	$157 Includes all taxes/fees	$247 Includes all taxes/fees	$220 Includes all taxes/fees	$213 Includes all taxes/fees	$220 Includes all taxes/fees	$220 Includes all taxes/fees

WINDSOR	BOSTON	CHICAGO	MYRTLE BEACH	NEW YORK	VERMONT	WASHINGTON Dulles
$220 Includes all taxes/fees	$266 Includes all taxes/fees	$298 Includes all taxes/fees	$382 Includes all taxes/fees	$235 Includes all taxes/fees	$245 Includes all taxes/fees	$235 Includes all taxes/fees

Book online, call 1-888-619-8622 or contact your travel agent. TTY – Dial "711".

flyporter.com

NEW! porter Escapes Save on air & hotel packages at porterescapes.com**

* Book by 11:59 pm Eastern Time March 20, 2013. Travel by June 26, 2013. Up to 21-day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** Porter Escapes is a TICO licenced company.

Crime. Bail hearing for Mountie's wife in child-abuse case starts

The wife of an RCMP officer charged with sexually abusing a boy in the couple's care began a three-day bail hearing Monday that will determine whether she is freed leading up to a trial.

The 34-year-old woman, who is charged with multiple counts of assault, assault with a weapon, forcible confinement and failure to provide the necessaries of life, cried in court as she listened to Crown Marie Dufort chronicle the evidence that led up to the charges on Feb. 14.

The two were arrested after an 11-year-old child in their care was allegedly found malnourished and exhausted by a neighbour who discovered the youth slumped in a snowbank near their home in Ottawa's west end.

Staring at the floor while most of the evidence was read, the woman's eyes welled up when she heard the details from the night she and her husband were arrested.

Two publication bans prevent the woman and her husband from being named to protect the identity of the alleged victims. A standard bail-hearing publication ban also bars reporting details of evidence in the case presented at the hearing.

Police sources told The Canadian Press in February handcuffs were used to keep the child in the basement of a house for months.

The accused RCMP officer has been on administrative leave from his job since May 2011. GRAHAM LANKTREE/METRO

Gus Takkale, president of the Bytown Sports and Entertainment Inc., unveiled the much-criticized name of Ottawa's professional basketball team — the Ottawa TomaHawks — at a press conference at city hall Feb. 26. A day later he went back to the drawing board. JOE LOFARO/METRO

NBL team tries for name rebound

New moniker is 'aerial.' A new name for Ottawa's professional basketball team will be announced in April, with Skyhawks leading the Facebook poll

JOE LOFARO
joe.lofaro@metronews.ca

After a flurry of criticism for naming Ottawa's professional basketball team the Ottawa TomaHawks, Bytown Sports and Entertainment Inc. is set to unveil a new name next month.

The controversial name was dropped a day after the Feb. 26 press conference at city hall where Bytown Sports president Gus Takkale said at the time he wanted a name that captured the excitement around the tomahawk dunk made famous by professional basketball players.

Some people, both aboriginal and non-aboriginal, called the name offensive and demanded it be changed.

The new name will be unveiled at Algonquin College on April 4, before top high school basketball players go head-to-head in the inaugural Rising Stars High School Showcase, Takkale said Monday.

Takkale would only hint that the new name is "aerial," in nature.

He declined to comment on whether the new name is among the list of 10 suggestions in the "Guess The Team Name" contest Bytown Sports organized on Facebook in February.

The name "Skyhawks" was the overwhelming favourite by online voters, racking up more than 110 Facebook votes to date.

"Tomahawks" has received 13 votes to date.

Takkale said the new name is "fun and unique" and has no "external associations" with any cultural groups.

Looking back, Takkale admits it was a mistake to choose TomaHawks, but said it was a great learning experience.

"We showed that we lead by example, and respect everybody in the community unconditionally," he said. "The smart people would acknowledge it, and learn from it, and then leverage it."

The season starts in November. The team will join other franchises in the National Basketball League of Canada (NBL), which started in May 2011.

STOP PAYING $80 FOR A $30 PLAN.

THAT'S THE POWER OF WIND™

This could be your wake-up call. Visit WINDmobile.ca

HTC and the HTC logo are trademarks of HTC Corporation. Screen images simulated. © 2013 Research In Motion Limited. All rights reserved. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Under the license from Research In Motion Limited. Google, Nexus and Android are trademarks of Google Inc. WIND and WIND Mobile are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2013 WIND Mobile.

‘You’ve saved 4,000 lives,’ Rick Mercer says to Algonquin College students

Spread the Net challenge. Since 2008, Mercer charity has raised $1.1 million, sent more than half million bed nets to Malaria-stricken areas of Africa

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Satirist Rick Mercer applauded Algonquin College Monday, paying the campus a visit after the college raised the most money of any Canadian post-secondary school for his anti-malaria charity.

“Despite it all, you were the school that raised the most money in this entire country,” said Mercer of the $40,394 the college raised for his Spread the Net challenge to loud cheers from students in Algonquin’s packed 700-seat auditorium. “You’ve saved 4,000 lives. As far as I’m concerned, you are the most generous!”

The contest pitted Algonquin against colleges, universities, high schools and elementary schools to raise money to provide bed nets to areas of Africa hard-hit by the mosquito-transmitted malaria disease.

The disease kills roughly 650,000 people a year.

Mercer said the difference bed nets can make was highlighted on his trip to the continent in 2008, when he saw a prosperous African village that had bed nets and one that had nearly been razed by the disease for lack of them.

“You should rest well knowing that there are people almost half a world away that are living a longer, better life because of the involvement and fundraising that you did for this special event,” Algonquin College president Kent MacDonald told the enthusiastic crowd as they beat inflatable noisemakers.

As part of the win, Mercer was set to film a segment of The Rick Mercer Report at the school with the College’s police-foundations program, since the group helped spearhead fundraising efforts on campus.

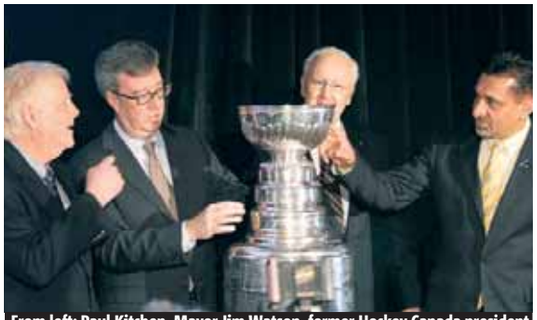
College spokesman Phil Gaudreau said the comic would navigate an obstacle course and take part in police training exercises with students as part of the segment, set to air April 2.

“He’s probably the most entertaining political satirist that we have in Canada besides Air Farce,” said student and fan James Power as he waited to enter the auditorium with a sign he made to get the comic’s attention.

Comic Rick Mercer hams it up with students at Algonquin College during a segment for The Rick Mercer Report. The school raised the most money nationwide for Mercer’s Spread the Net anti-malaria charity. GRAHAM LANKTREE/METRO

Looking for work?
The Y can help!
Visit one of our Employment Access Centres to learn more:
Central Location
180 Argyle Avenue, 4th Floor
(Taggart Family Y) | T: 613 788-5001
West Location
1642 Merivale Road, 2nd Floor
(Merivale Mall) | T: 613 688-2150
ymcaywca.ca
EMPLOYMENT ONTARIO
YMCA-YWCA of the National Capital Region

Sparks Street to house Stanley Cup memorial



From left: Paul Kitchen, Mayor Jim Watson, former Hockey Canada president Murray Costello, and federal Minister of State for Sport Bal Gosal crowd around the Stanley Cup at an announcement on Monday.
ALEX BOUTILIER/METRO

Historic. Monument to sit near former Russell House Hotel, where on March 18, 1892, donation of cup first announced

ALEX BOUTILIER
alex.boutilier@metronews.ca

There are few objects as famous in Canada as the Stanley Cup, and yet a monument to Lord Stanley of Preston's donation of a cup to the "champion hockey team of the Dominion" has found a home in Ottawa.

"The fact that most people don't really know much about the history of the cup or where it came from meant that story had to be told," said Paul Kitchen, the head of the Lord Stanley Memorial Monument Committee.

He was speaking after a press conference Monday morning announcing that a monument intended to commemorate the moment the donation was announced in 1892 will be erected at the corner of Sparks Street and Elgin Street.

The monument is slated to be revealed in 2017, Canada's 150th anniversary and 125 years after the governor general announced the donation of the cup that still bears his name today.

"We want the monument to encourage people to pause and reflect on the meaning of the trophy and its place in history," said Paul Kitchen, the head of the Lord Stanley Memorial Monument Committee, at a press conference Monday.

Lord Stanley was appointed as Canada's sixth governor general in 1888 and was intrigued by hockey while catching a game at Montreal's Victoria Rink in 1889, according to the committee.

The monument's design competition will be presided over by public-art experts. It's not known how much the monument will cost — but Kitchen said the committee is looking to raise "seven figures" for the piece.

"It's going to be representational, its going to capture a moment in time.... Viewers are going to look at it and want to reflect on it for a few moments on what it means, and what the history behind it is."

Quoted

"It's going to be representational, its going to capture a moment in time.... Viewers are going to look at it and want to reflect on it for a few moments on what it means, and what the history behind it is."

Paul Kitchen, the head of the Lord Stanley Memorial Monument Committee
on the planned Stanley Cup monument

On the roads

Legislation to go after drivers with unpaid traffic fines

The Ontario government will table new legislation that will deny drivers new licence plates if they don't pay outstanding fines for traffic infractions.

Glen Murray, Ontario's minister of transportation and minister of infrastructure, was at Ottawa City Hall Monday morning with Yasir Naqvi, MPP for Ottawa Centre, and members of city council to make the announcement. Murray said the legislation will be introduced by the end of this week and will make Ontario roads safer.

If passed, drivers who have unpaid fines for speeding, improper lane changes, illegal turns, driving without insurance, and careless driving will be not be allowed to renew their plates.

Murray said the law will also make it easier for municipalities to fine out-of-province drivers who run red lights or fail to stop for school buses.

"Only a one per cent improvement in enforcement would add $2.5 million to the coffers of municipalities and likely save countless numbers of lives and save people from injury," said Murray.

Murray said the province is making a $4-million investment to improve the tracking of drivers who have outstanding fines.

The minister said an agreement between Ottawa and Quebec will make it easier for the province to get information on Quebec drivers who break the rules of the road so that a collection agency can find them.

JOE LOFARO/METRO

GÉREZ L'AVENIR
Les services de santé et les services communautaires ont besoin de gestionnaires
Il y a un programme postdiplôme et des cours disponibles pour vous !
VOTRE CARRIÈRE DÉBUTE ICI
→ GEREZLAVENIR.CA
la cité collégiale
Le Collège des meilleures pratiques
COLLÈGEBORÉAL
Collège communautaire du Nouveau-Brunswick
Université de Saint-Boniface
Une éducation supérieure depuis 1818
Consortium national de formation en santé
Programme de formation postdiplôme offert par le Consortium national de formation en santé.
Santé Canada Health Canada
La conception de ce programme du Consortium national de formation en santé a été rendue possible grâce à une contribution financière provenant de Santé Canada.

Kind stranger fulfils St. Patrick's Day wish

Halifax to Dublin. Online plea brings Irishman to forgotten family grave

ANDREW FIFIELD
andrew.fifield@metronews.ca

Finding the grave was no small task — founded in 1836, Mount Jerome Cemetery has seen more than 300,000 burials. REDDIT

While Canadians were packing pubs from coast to coast on St. Patrick's Day, a man in Dublin answered a request from a stranger across the sea.

It started on the weekend when Andrew Bourke of Halifax brought an odd request to the social news site Reddit.

"This is the grave of my great uncle, who was badly burned in a flying accident and died a few days later," he wrote.

He included a photo of the tombstone of Lt. Thomas Leslie Bourke, who died more than 50 years before Andrew was born.

"Can someone drink a pint there tomorrow ... or maybe just place a flower for me?"

Bourke found a photo of the tombstone while searching his great uncle's name last year.

"I was sad that the grave looked so uncared for," Bourke told Metro.

With little more to go on than a photo, it seemed unlikely anyone would actually make it to the grave. But after a few people vowed to hoist a brew in Lt. Bourke's memory — just not at Mount Jerome Cemetery — user elmoslats chimed in.

"It was a bitch to find. Bought some flowers," he wrote. Included in the post was a new photo of the same grave, now decorated with a simple token.

Keystone XL. Premier says U.S. pipeline refusal would be betrayal of partnership

A U.S. rejection of the Keystone XL pipeline proposal would have far-reaching implications for the Canada-U.S. relationship, Alberta Premier Alison Redford warns.

"I don't think this is as simple as yes or no on a project," she told The Canadian Press on Monday during a trip to Ottawa. "I do think this could fundamentally change the relationship."

TransCanada Corp. needs approval from U.S. President Barack Obama in order to build its $7-billion bitumen pipeline from Alberta to refineries on the Gulf Coast.

A refusal would throw into question decades of Canada-U.S. economic co-operation and integration, Redford said.

"I think it would show that we're not as trusted as partners as we used to think that we were," the premier said.

She argued that the countries' original free-trade agreement included formal commitments to maintain the energy relationship, with Canada promising to remain a supplier and the United States committing to remaining a customer.

THE CANADIAN PRESS

Toronto. Police warn of back-alley buttock procedure

Toronto police have issued a warning about illegal buttock-enhancements being performed in homes and hotel rooms.

They said women are paying cash, typically thousands, to have a substance advertised as a synthetic filler injected.

Investigators said some women have experienced serious medical complications. They added this type of procedure could even result in death when done outside of a medical facility. THE CANADIAN PRESS

UNIVERSITY OF TORONTO
FACULTY OF LAW

Your time is now!

The Internationally Trained Lawyers Program (ITLP) helps internationally trained lawyers and internationally educated law graduates to become accredited and licensed in Canada.

Upcoming programs include:
Spring 2013 Bar Exam Prep Course
Summer 2013 NCA Review Program
2013-14 Career Program
2013-14 Comprehensive Program

*Online participation available for some sessions. Contact the ITLP for details.

For more information, please contact us at

www.itlp.utoronto.ca

416.978.6770
itlprogram.law@utoronto.ca

Funded by:
Ontario Canada

ITLP
Internationally Trained Lawyers Program

WestJet's spring savings sale.

Save on flights to Canadian and sun destinations.
Save on vacation packages to sun destinations.

Book by: March 26, 2013* **Travel until**: June 27, 2013

How to get this deal: For Canadian destinations travel on Tuesdays, Wednesdays, Thursdays and Saturdays. For U.S. destinations travel on Mondays, Tuesdays, Wednesdays and Saturdays. For Mexico and Caribbean destinations travel on any day of the week where WestJet offers scheduled service.

Remember, WestJet Rewards members earn WestJet dollars® on sale fares, too.†

Book your flights or vacation package at **westjet.com**.

WESTJET

*Seasonal start and end dates apply and are indicated in the booking flow. Book by March 26, 2013 (11:59 p.m. MT) for travel until June 27, 2013. For Canadian destinations, travel on Tuesdays, Wednesdays, Thursdays and Saturdays. For U.S. destinations, travel on Mondays, Tuesdays, Wednesdays and Saturdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service. Fares and package prices on other days may be higher. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our codeshare, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. For flights, fuel surcharge between $22-$45 per direction still applies to Air Miles™ redemption bookings. For vacation packages, fuel surcharge between $44-$90 round-trip still applies to Air Miles™ redemption bookings. Advance purchase required. Seats at these fares are limited and may not be available on all flights. Offer limited and subject to availability. New bookings only. Non-refundable. Other restrictions may apply. See westjet.com for full seat sale details. †WestJet dollars are awarded on all published fares for WestJet marketed flights and WestJet Vacations packages, excluding taxes, fees and surcharges. For more details, visit westjet.com/rewards. ®Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

ROGERS™
authorized dealer

BELLEVILLE
324 North Front St.
(613) 969-0120

BROCKVILLE
2399 Parkdale Ave.
(613) 345-3161

CORNWALL
Cornwall Square
(613) 936-2083

GLOUCESTER
Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-7285

KANATA
Hazeldean Mall
(613) 271-1153
Kanata Centrum
Shopping Centre
(613) 599-9690

KINGSTON
Cataraqui Town Centre
(613) 634-9897
Kingston Centre
(613) 546-6043
122 Princess St.
(613) 549-0315

NEPEAN
130 Riocan Ave.
(613) 823-9240
Bayshore Shopping Centre
(613) 726-7665

ORLEANS
2020 Lanthier Dr., Unit E2
(613) 590-0289

OTTAWA
901 Carling Ave.
(613) 238-7533
104 Bank St.
(613) 230-0202
1465 Merivale Rd.
(613) 224-9222
205 Richmond Rd.
(613) 724-2674
1719 St. Laurent Blvd.
(613) 276-8585
2121 Carling Ave., Unit 87
(613) 798-1946
1200 St. Laurent Blvd.
Unit 248
(613) 746-8546
50 Rideau St., Unit 327C
(613) 232-4800
110 Place D'Orleans Blvd.
Unit 290
(613) 590-2237
2269 Riverside Dr., Unit 44
(613) 737-2071
690 Bank St.
(613) 668-5499

PEMBROKE
670 Pembroke St. W
(613) 732-1602
1100 Pembroke St. E, Unit 210
(613) 732-1602
3435A Petawawa Blvd.
(613) 732-1492

OFFER ENDS APRIL 1st

THE SAMSUNG GALAXY EVENT
GET HERE AT WARP SPEED

MARCH PROMO PLAN | $45/MONTH*

NEW! 16 GB BLACK SAMSUNG GALAXY S III™ COMING SOON

THE SAMSUNG GALAXY S III™
NOW $0[1] And other great deals on Galaxy smartphones

on select 3-yr. FLEXtab™ agreements

CANADA'S FASTEST WIRELESS INTERNET – ROGERS LTE[2] beyond 4G

CALL 1 866 307-3992 | CLICK ROGERS.COM/SAMSUNGEVENT | VISIT YOUR LOCAL RETAIL STORE

Rogers LTE network available in select cities. See rogers.com/LTE

SMARTPHONE FREEDOM ADVANTAGE

PLAN FLEXIBILITY | UPGRADE ANYTIME
***ROGERS TECHXPERT™* | DEVICE PROTECTION**

ROGERS™

Offers available until April 1, 2013 while quantities last and subject to change without notice. *One time Activation Fee up to $35 (varies by province) applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes extra. Usage subject to Rogers Terms of Service and Acceptable Use Policy. Visit rogers.com/terms. **1** With new activation or hardware upgrades on any 3-year Talk, Text and Internet plan having min $45 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. **2** Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. For full details on the Rogers Smartphone Advantage, visit rogers.com/freedomadvantage. ©2013 Rogers Communications.

Strange frog species to be brought back

De-extinction. Scientists to revive frog that was wiped out in 1983

As the only animal to give birth through its mouth, the gastric-brooding frog fascinated scientists — until it became extinct in 1983. But thanks to a cloning breakthrough, this unique beast could live again and become the first "de-extinct" species since a Pyrenean ibex survived for seven minutes in 2009.

New technology has allowed the Australian 'Lazarus Project' to insert the frog's genome — its complete DNA — into a similar species. The process, announced at the TEDx DeExtinction conference, is expected to produce the living animal within a few years, the project's creators claim. "I'm sure we can get to that stage, and it will be exactly the same as the extinct frog," Lazarus scientist Dr. Michael Mahony told Metro.

The team will produce several of the species, and claim the same technology could work for any organism — they are also working to revive the Thylacine, or Tasmanian Tiger.

KIERON MONKS/METRO WORLD NEWS

Doomed again

"In many cases there is no place for (extinct species), as their habitats have disappeared. They would be doomed again."

National Geographic science writer Brian Switek, giving his view on the controversial de-extinction plans

The gastric-brooding frog became extinct in 1983. PETER SCHOUTEN/METRO WORLD NEWS

Satan looks a helluva lot like ... Obama? Nonsense, TV-show producers retort

The producers of the cable TV miniseries on the Bible say Internet chatter that their Satan character resembles President Barack Obama is "utter nonsense."

Mark Burnett and Roma Downey said Monday the Moroccan actor who played Satan in the History channel series, Mehdi Ouazanni, has played Satanic characters in other Biblical programs long before Obama was elected president.

The idea got widespread attention after talk show host Glenn Beck last week tweeted: "Does Satan look EXACTLY like Obama? Yes!"

History said in a statement that the network has "the highest respect" for Obama, and that "it's unfortunate that anyone made this false connection."

"Both Mark and I have nothing but respect and love our president, who is a fellow Christian," said Downey, the Touched By an Angel actress who is married to Burnett.

THE ASSOCIATED PRESS

Is there a resemblance between Obama and this Satan character? THE ASSOCIATES PRESS

Alabama

Man pleads guilty in Obama Twitter death threat

A Birmingham man has pleaded guilty to using Twitter to threaten the life of President Barack Obama.

U.S. Attorney Joyce White Vance said 25-year-old Jarvis Britton entered the guilty plea Monday.

Prosecutors said he tweeted, "Let's kill the president. F.E.A.R.,' on Sept. 14. It stands for Forever Enduring Always Ready, which prosecutors say is a national militia group that planned to overthrow the U.S. government.

THE ASSOCIATED PRESS

Twitter co-founder

Another rich guy wants to be mayor of New York City

There may be another billionaire interested in New York City's top job.

Jack Dorsey, co-founder of Twitter and the mobile-payments startup Square, reportedly says he wants to be mayor of New York one day.

In an interview aired Sunday on 60 Minutes, CBS's Lara Logan said Dorsey is serious about moving to the Big Apple someday and running for mayor.

Dorsey tells Logan what he loves about New York is the electricity he feels when he's in the city. THE ASSOCIATED PRESS

Great rate. Greater flexibility.

2.99%*

- 4-year fixed rate mortgage.
- Increase your payment amount by up to 100% during your term.
- Use the equity in your home to access more funds with the CIBC Home Power Plan®.

Talk to us today.
At the branch
cibc.com
1 877 434-1909

CIBC FOR WHAT MATTERS.

*Rate as of February 27, 2013. APR 3.02%.
Annual Percentage Rate (APR) is based on a new $200,000 mortgage for the applicable term and a 25-year amortization assuming a Property Valuation Fee of $200 ($250 as of April 1, 2013). Available only on the 4-year CIBC Fixed Rate Closed Mortgage for mortgages of $10,000 or more. Subject to credit approval. Mortgage must fund within 90 days of the application date. The CIBC Home Power Plan is not available in Nunavut. Other conditions apply; ask for details. CIBC may change or cancel this offer at any time without notice. ® Reg. TM of CIBC. "CIBC For what matters." is a TM of CIBC.

Quebec. Chopper pilot carried out prison break at gunpoint, his boss says

A young helicopter pilot, 23-year-old Sebastien Foray, picked up a pair of passengers for what was supposed to be a routine weekend flight over the north shore of Montreal.

Instead, he wound up in an international news story.

Plans for a routine Sunday excursion dissipated quickly, as he allegedly found himself staring down the barrel of a .38-calibre handgun.

"They took out a gun and said, 'You're going to St-Jerome prison,'" said Yves Le Roux, the owner of Passport Helico, where Foray has worked for a couple of years.

He said the pilot was ordered to land on a tower above the prison. Once there, his passengers pulled some rope out of a backpack and let it tumble out toward the ground level below.

And up came two convicts, springing out from the prison yard.

Le Roux said they flew another two or three minutes, with the escaped prisoners dangling from the helicopter, and they landed in an open field where they were able to hop aboard.

From there, they flew toward a hotel in the Laurentians, where the four passengers exited — but not before someone pulled a T-shirt over the pilot's head, Le Roux said, so he wouldn't witness the getaway. THE CANADIAN PRESS

Nabbed

Hours later, the two alleged accomplices and the two escaped convicts were found and arrested.

- They appeared in court Monday, where they were slapped with nearly two-dozen charges, including breaking out of prison, kidnapping and pointing a gun at someone.
- Police raised the possibility of other charges.

Ex-star QB killed in crash

Firefighters work at a home Monday in South Bend, Ind., where a plane crashed Sunday. The plane damaged homes, caused injuries and led to at least two fatalities. Steve Davis, the University of Oklahoma Sooners' starting quarterback when it won back-to-back national championships in the 1970s, was one of two people killed.

JOE RAYMOND/THE ASSOCIATED PRESS

Central India. Six men accused of raping Swiss tourist appear in court

Six men accused of raping a Swiss tourist who was cycling with her husband in central India were produced in court Monday and charged with gang rape.

The suspects appeared in the magistrate's court in Madhya Pradesh state with their faces covered with black cloth, police superintendent Chandra Shekhar Solanki said.

It was not clear how they pleaded in court, but during their arrest Sunday they confessed to the crime, police said. The men, who are poor farmers from nearby villages, also face additional charges of robbing the Swiss couple.

The attack, which occurred Friday night as the couple camped in a forest in Datia district, came three months after the fatal gang rape of a woman on a New Delhi bus, which spurred outrage over the treatment of women in Indian society and the country's justice system.

The men beat up the husband and tied him to a tree before raping the woman, police said. THE ASSOCIATED PRESS

Guantanamo Bay

More than 20 men on hunger strike

A hunger strike at the Guantanamo Bay prison has grown and now involves at least 21 men, a U.S. military official said Monday while denying reports trickling out from prisoners through lawyers that there is a more widespread protest and lives are in danger.

No prisoner faces any immediate health threat from the strike, though two have been admitted to the prison medical clinic because of dehydration, said U.S. navy Capt. Robert Durand, a spokesman for the detention centre in Cuba. THE ASSOCIATED PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

ROGERS Youth Fund™ Proud supporter of Boys & Girls Clubs of Canada / Clubs Garçons et Filles du Canada

rogersyouthfund.com

With education, anything's possible.™

DREAM LEARN CREATE LEAD EDUCATE

ROGERS™

Discover the difference!

VISIT 240SPARKS.COM

240 SPARKS

INDOORS

CORNER OF BANK AND SPARKS

Free Underground Parking weekdays after 5:00 pm and all-day on weekends

food

JIMMY THE GREEK

TIMOTHY'S

LES 3 BRASSEURS

LUNCH

SUBWAY

restauration

MARCELLO'S MARKET & DELI

ASIAN GOURMET

TERIYAKI EXPERIENCE

TUTTO PASTA

MANHATTAN'S HAND MADE BURGERS

THE JEWEL 98.5 LIVE ON-LOCATION!

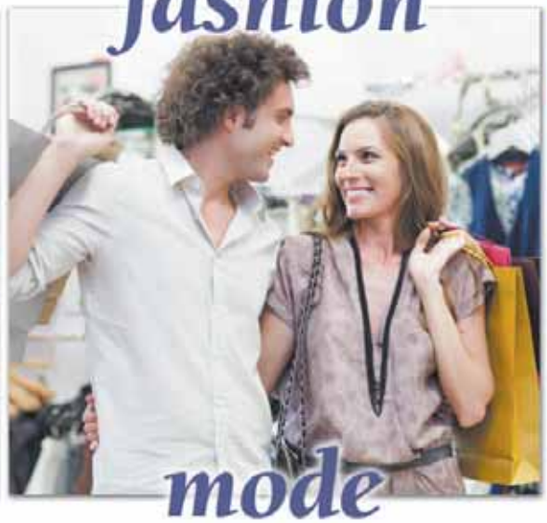
TOMORROW FROM 10AM - 2PM

BENTONS

HOLT RENFREW

BOUTIQUE ELISA G.

fashion



mode

ZA ZA JEWELRY AND ACCESSORIES

FAIRWEATHER

THE JEWEL 98.5 SUR PLACE DEMAIN!

DIFFUSION EN DIRECT DE 10 h À 14 h

service

APPLETREE MEDICAL CENTRE

SPARKS DENTAL CLINIC

LCBO

SHEAR HEAVEN

services

REXALL

HILLARY'S

MERHI QUALITY SHOE REPAIR

WIND MOBILE

INTERNATIONAL NEWS

Découvrez la différence!

VISITEZ LE 240SPARKS.COM

240 SPARKS

À L'INTÉRIEUR

À L'ANGLE DES RUE BANK ET SPARKS

Stationnement souterrain gratuit après 17 h en semaine et toute la journée les fins de semaine

Brazil torrential rains

Mudslides kill 13 in mountain town

At least 13 people have been killed in mudslides triggered by torrential rains in a mountain town north of Rio de Janeiro where floods killed more than 900 people two years ago, state officials said Monday.

A month's worth of precipitation, or about 14 inches of rain, fell in just 24 hours in Petropolis, a town of around 300,000 nestled in mountains about 65 kilometres north of Rio. Meteorologists are forecasting more rain in the coming days.

The Globo television network broadcast images of Petropolis' streets transformed into rivers of muddy, waist-deep waters, houses crushed beneath mud and detritus and roadways blocked by fallen trees. THE ASSOCIATED PRESS

Abortion provider's trial

Babies born alive killed: Prosecutor

Prosecutors on Monday opened the murder trial of a Philadelphia abortion provider by telling jurors he forced women who came to him into labour and then killed their babies.

Dr. Kermit Gosnell faces the death penalty if convicted of first-degree murder in the deaths of seven infants allegedly born alive at his clinic. Authorities say he would sever their spines with scissors.

Assistant District Attorney Joanne Pescatore said Gosnell preyed on desperate women who were often seeking abortions later than the 24th week. She says the unlicensed, untrained employees who helped carry out the gruesome procedures were equally desperate because they needed work. THE ASSOCIATED PRESS

THE FASTEST
HI-SPEED INTERNET
IN YOUR NEIGHBOURHOOD.
ROGERS IS UP TO 3X FASTER
ROGERS ULTIMATE 150 VS. THEIR COMPARABLE SERVICE.
We're bringing you the fastest internet speed. Now you can upload, download and stream live HD sports, movies, music and work files faster than you ever thought possible. So what's next? Well, our unrelenting commitment to innovation means if you're with Rogers, you'll be the first to know.
CALL 1 888 ROGERS1 | CLICK rogers.com/fastestinternet | VISIT Your local Rogers retail store
ROGERS
Speeds may vary with internet traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. © 2013 Rogers Communications.

Former U.S. secretary of state Hillary Rodham Clinton, seen in this Jan. 31 file photo, has announced her support for gay marriage. In an online video Monday, Clinton says gays and lesbians deserve "the rights of citizenship" and "that includes marriage." MANUEL BALCE CENETA/THE ASSOCIATED PRESS FILE

Clinton backs gay marriage

Presidential run? Polls show public opinion on same-sex marriage has shifted more rapidly than on any issue in recent times

Former U.S. secretary of state Hillary Rodham Clinton announced her support for gay marriage Monday, putting her in line with other potential Democratic presidential candidates on a social issue that is rapidly gaining broad public approval in America.

Clinton made the announcement in an online video released Monday morning by the gay-rights advocacy group Human Rights Campaign. She says in the six-minute video that gays and lesbians are "full and equal citizens and deserve the rights of citizenship."

"That includes marriage," she says, adding that she backs gay marriage both "personally and as a matter of policy and law."

Clinton's announcement is certain to further fuel the already rampant speculation that she is considering another run for president in 2016. Other possible Democratic contenders all back the right of same-sex couples to marry.

In Gallup polling last November, 53 per cent of adult Americans said same-sex marriages should be granted the same status as traditional marriages, while 46 per cent felt they should not be valid.

In 1996, when Gallup first asked about gay marriages, 27 per cent felt they should be valid. THE ASSOCIATED PRESS

Republicans

The Republican Party officially opposes gay marriage, though several high profile Republicans have publicly backed the right of same-sex couples to wed.

- On Friday, Ohio Sen. Rob Portman became the first Republican senator to announce his support for gay marriage, saying he had a change of heart after learning that his son is gay.
- More than 100 Republicans submitted a brief to the Supreme Court asking the justices to overturn California's ban on same-sex marriage.

IIHF 2013 ICE HOCKEY WOMEN'S WORLD CHAMPIONSHIP CANADA

DON'T MISS THE MOMENT

TEAM CANADA VS TEAM USA

14 DAYS TO PUCK DROP

THE BATTLE CONTINUES
APRIL 2 AT 7:30 P.M.

14 DAYS TO PUCK DROP

GET 2 GAMES STARTING AT ONLY $29*

ORDER TICKETS:
HOCKEYCANADA.CA/2013OTTAWA OR CALL 613-599-FANS (3267)

Presented by: IIHF | Event Partners: Ontario | Presented by: Esso, RBC, TELUS, TSN RDS | Canada, Ontario, Ottawa

Media sponsors: Ottawa Citizen, TEAM 1200

* Per seat and plus applicable fees. Tickets are HST exempt.

Coming 2 weeks

Target to open 21 new stores in Ont.

Target's expansion into Canada continues apace as the American retailer is set to open 21 new Ontario stores in the next two weeks.

On Tuesday, Target is opening 17 stores in communities across the province, while four more will be opened on March 28, adding to the three pilot stores launched earlier.

THE CANADIAN PRESS

New York City

City may make stores hide tobacco

A new proposal would require New York City retailers to keep tobacco products out of sight under a first-in-the-nation proposal aimed at reducing the youth smoking rate, Mayor Michael Bloomberg said Monday.

Bloomberg said similar prohibitions on displays have been enacted in other countries, including Iceland, Canada, England and Ireland. THE ASSOCIATED PRESS

Gobble-gobble

Burger King to offer turkey burger

If you think a Whopper's too indulgent but are sick of chicken sandwiches, Burger King is offering a turkey burger for the first time. The Miami-based company is rolling out the new sandwich this week as part of its limited-time offers for spring, marking the latest fast-food effort to cater to health-conscious diners.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.82¢ (-0.29¢)

TSX 12,781.76 (-48.27)

OIL $93.74 (+29¢)

GOLD $1,604.60 (+$12)

Natural gas: $3.92 (+4.8¢)
Dow Jones: 14,452.06 (-62.05)

Cyprus tax plan shocks Europe

Savings. Government set to raid bank accounts to raise bailout money

Protesters hold up their hands outside the parliament in Nicosia, Cyprus, to protest a controversial bailout proposal. PETROS KARADJIAS/THE ASSOCIATED PRESS

A plan to seize up to 10 per cent of people's savings in the small Mediterranean island nation of Cyprus sent shock waves across Europe on Monday as households realized the money they have in the bank may not be safe.

A weekend agreement between Cyprus and its European partners called for the government to raid bank accounts as part of a 15.8-billion-euro ($20.9-billion) financial bailout, the first time in the eurozone's crisis that the prospect of seizing individuals' savings has been raised.

Facing outrage, Cyprus' government delayed a parliamentary vote on the seizure and ordered banks to remain shut until Thursday while it tries to modify the deal to reduce the hit on people with small deposits.

Several hundred people gathered outside the vacant parliament building, with some chanting "thieves, thieves."

In order to get 10 billion euro ($13.2 billion) in bailout loans from international creditors, Cyprus agreed to take a percentage of all deposits — including citizens' savings. The surprise deal stoked fears that deposits in other countries could be targeted. The government is now trying to modify the terms of the plan, particularly for small savers.

THE ASSOCIATED PRESS

U.K. Deal struck on press laws

British politicians have struck a last-minute deal over press regulation that is meant to curb the worst abuses of the country's scandal-tarred media.

The deal follows days of heated debate over how to implement the recommendations of Lord Justice Brian Leveson, the senior judge tasked with cleaning up a newspaper industry plunged into crisis by revelations of widespread illegality. Victims' groups have lobbied for an independent watchdog whose powers are rooted in legislation. Media groups have opposed potential press laws, saying it threatens press freedom.

The deal reached in the early hours of Monday morning is a complicated compromise.

"I think we have got an agreement which protects the freedom of the press — that is incredibly important in a democracy — but also protects the rights of people not to have their lives turned upside down," Labour leader Harriet Harman told ITV.

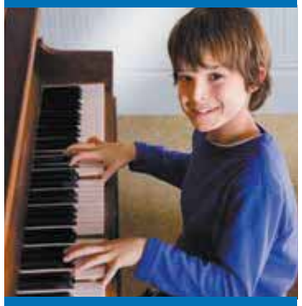
THE ASSOCIATED PRESS

TAX SAVINGS WORKING FOR YOU

Helping create jobs and growth for Canadians.

Hiring Credit for Small Business

Up to $1000 on EI premiums

Children's Arts Tax Credit

Up to $75 per child

Family Caregiver Tax Credit

Up to $300

First-Time Home Buyers' Tax Credit

Up to $750

Tradesperson's Tools Deduction

Up to $500 from income

Take advantage of these and other tax savings. File your return online and get your refund faster.

Visit cra.gc.ca/TaxSavings

Government of Canada / Gouvernement du Canada

CANADA'S ECONOMIC ACTION PLAN

Canada

ALL'S FAIR IN LOVE AND LAUNDRY

SHE SAYS

Jessica Napier
metronews.ca

There are numerous benefits to shacking up with a significant other — not only is it cost-effective but those late-night booty calls become a lot more convenient. But what happens when you wake up the next morning and realize that the floors need to be cleaned and there's a pile of dirty dishes in the sink? What's the best way to handle the division of labour when you start living together under the same roof?

Some couples think it's best to approach cohabitation in a pragmatic, organized fashion while others assume that the living situation will evolve more organically. Divvying up household responsibilities in a systematic fashion can help reduce the I-took-the-garbage-out-last-week arguments, but I can't help thinking that keeping an official chore schedule and tallying up grocery receipts might ultimately suck the romance out of the relationship.

Like many women, I've had my fair share of discussions (ahem, blowout fights) about discrepancies in who does more housework. When my boyfriend and I first moved in together he suggested that he take care of the laundry while I should be the one to clean the toilet because "you're so much better at it than I am." He was half-joking (I hope) but also correct in that I was much more proficient at keeping things neat and tidy. However, I swiftly gave him a crash-course in bathroom maintenance and explained that I refused to live with a man-child with no concept of how to clean up after himself.

If anything, the guys should be the ones cleaning the toilet more often because as ladies we have much better aim when it comes to bathroom visits.

While household work might have been a woman's domain in the past, times have changed and traditional gender roles have given way to confusion as both men and women negotiate their new responsibilities inside and outside of the home. The notion of a clearly defined male breadwinner and his dutiful housewife seems laughably archaic now, but that doesn't mean we've totally figured out how to navigate our way through this uncharted domestic territory. However, there's no doubt that two partners with full-time jobs and busy social lives should be making a conscious effort to divide household chores equally.

But if we take our desire for equality too literally it's possible that our pursuit of balance might start breeding resentment. If you're refusing to wash each other's underwear or help clean up the kitchen when it's not your turn, then that well-intentioned organization will turn into animosity. Tracking every single meal cooked and dollar spent in the name of equality might seem like a sensible approach, but it's kind of like keeping score in a game with no real winners.

That elusive notion of "domestic bliss" probably exists somewhere in the healthy middle ground between a hyper-regulated household and unmanaged chaos. However, if I haven't found it after four years of cohabitation then I might just have to accept that there will always be arguments. At least he knows how to scrub a toilet bowl now.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Fancy some moonshine?

STEVE NILSEN/REX FEATURES

When the light hits your eye

Photographer Steve Nilsen couldn't help having fun when he witnessed an impressive moon halo in Kvæfjord in northern Norway. He grabbed his flashlight and made it appear as if he was creating the stunning natural phenomenon with the flashlight. "I made the most of the sky, as there were no aurora to see then," he said. METRO

How the moon gets its halo

A moon halo is caused by the refraction of moonlight from ice crystals in the air.

The shape of the ice crystals results in a focusing of the light into a ring, which surrounds the moon at a radius of 22 degrees. Since the crystals typically have the same shape, namely a hexagonal shape, the moon ring is almost always the same size. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The unfortunately-named Border Porn is a Reddit page dedicated to very cool photos of international crossings — from the U.S. border splitting a Canadian's driveway to the meeting of hemispheres in Ecuador.

The patio of the Frontière Café in Baarle-Nassau, Belgium, is a humble dividing line with the Netherlands.

Which is a far cry from the military tension of the Korean Peninsula's DMZ.

Letters

RE: Obama: Keystone XL Pipeline Not Major Jobs Creator, published March 14

Obama, quit posturing, just say yes or no. Time to sink or swim for your toothless presidency.

Raymond Fortier posted to metronews.ca

RE: Experts Renew Calls to Solve Foreign Investment Housing Affordability Puzzle, published March 17

The market was inflated all over Canada. Winnipeg home prices doubled over the last 10 years, too, and there weren't any foreigners buying there. This is a huge bubble inflated by the federal government/CMHC policy of subsidizing mortgages with low to no down payment and 30 to 40 year terms.

Joe Mainlander posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

DVD reviews

The Hobbit: An Unexpected Journey

Director. Peter Jackson

Stars. Martin Freeman, Ian McKellen, Richard Armitage

●●●●○

Director Peter Jackson chose to tell the first part of his The Hobbit film trilogy in 3D at 48 frames per second (twice the normal rate). The DVD/Blu-ray release of the film is less ambitious. There's no 48fps, and 3D is available on Blu-ray only, but there's still lots to see and marvel over. Events in The Hobbit: An Unexpected Journey are set 60 years before novelist J.R.R. Tolkien's Lord of the Rings begins, when a wise Gandalf shows up at the Shire home of happy Bilbo (Martin Freeman) urging him to adventure. Gandalf (Ian McKellen) represents 13 dwarves whose Kingdom of Erebor has been invaded and conquered by the dragon Smaug. The dwarves seek to reclaim their homeland and also the treasure the dragon has stolen. At a running time of 170 minutes, The Hobbit packs in too much of a good thing, but it's all quality stuff.

PETER HOWELL

Ladies and gentlemen...

It's our pleasure to introduce to you... Justin Timberlake's career. His album, The 20/20 Experience, is out today. In honour of JT, we take a look back.

METRO WORLD NEWS

1981

Beamed down from heaven — to Tennessee — Justin Timberlake simply appeared one day, fully-formed. His first words were not words at all, but traditional gospel hymns that made grown men weep.

1993

His first big break: Timberlake sang country music on the U.S. talent series Star Search. That isn't the first hat he'd regret.

1993

Britney Spears, Christina Aguilera and JT appeared on The Mickey Mouse Club when — whoa, is that Ryan Gosling? Why isn't this story about him?

1995

Backstreet who? *NSYNC sold 11 million albums, and the sequel, No Strings Attached, became the fastest (at the time) selling album ever.

2000

Bristin Timberspears never really took off as a nickname. It's never too late.

2002

The solo career. The album Justified would sell more than 7 million worldwide.

2004

Nipplegate

2006

Timberlake brings sexy back with FutureSex/LoveSounds.

2007

Madonna teams up with JT and the world shrugs.

2010

Timberlake brings swagger to the Oscar-nominated The Social Network.

2013

Straightened hair, sharp suits, a lifetime of style lessons learned. Justin is back with The 20/20 Experience, out today. He's a latter-day Sinatra who moves like Michael Jackson.

OFFER ENDS MARCH 31st

CALLING ALL CANADA. USE YOUR LOCAL MINUTES CANADA-WIDE FOR A YEAR.

ON ALL NEW 2 OR 3 YEAR PLANS.

Visit your local Rogers retail store today.

ROGERS™

Offers available until March 31, 2013 and subject to change without notice. Available to new and existing customers. New device purchase and activation on 2 or 3 year plans. Device Savings Recovery Fee, Service Deactivation Fee and/or Early Cancellation Fee (as applicable) apply. Activation Fee (up to $35; varies by province) applies (unless otherwise noted). Local minutes in customer's plan become nation-wide for first year. Regular airtime charges apply for minutes exceeding those allotted in plan. ©2013 Rogers Communications.

Charlotte Church. She's back ... and all grown up

Charlotte Church kicked off a U.S. tour at SXSW. THE ASSOCIATED PRESS

In terms of chronological age, Charlotte Church — at just 27 — is probably too young for a comeback tour and album. But launching a second act can be tough when you charmed the world at 12.

As a young girl, she sold many millions of records and performed live for a president and a pope before being laid low by a no-win confrontation with Britain's tabloid press.

Now she's emerged from her basement studio in Wales.

"I've been waiting a long time to come back to the States," said Church, who released the album, One & Two, today.

Taken from two previously released EPs in Europe, it's the first of new material from the singer in the U.S. for a decade, in part because she hasn't had full confidence in her material.

THE ASSOCIATED PRESS

The sky's no limit for Jared Leto and band

Thirty Seconds to Mars. New album gets rocket-powered launch as first single debuts in outer space

Rock band 30 Seconds to Mars wanted the announcement for their latest studio album to be out of this world. And that's where the album's first single debuted.

Up in the Air was sent to the International Space Station for an exclusive listening Monday. It will be released today on Earth.

The new album, Love Lust Faith + Dreams, will be available May 21.

A compact disc containing the song was launched on a Falcon 9 rocket from Cape Canaveral, Fla., on March 1. The band got to watch the rocket blast into space.

"It was amazing to feel it take off," frontman Jared Leto said in a recent interview. "The noise and the brightness was overwhelming, and you're still a mile away."

Leto said the challenge of sending a song into space paled in comparison to being sued for $30 million by EMI when the band was working on This Is War, released in 2009, which sold over 500,000 copies. The band also launched an aggressive world tour to promote the CD.

"The last album was about closure. There was a battle and a war that we fought. This one is a new beginning," the 41-year-old singer-actor said.

The new single "has to do with getting to a point in your life where you're ready to let go of the past, embrace change and become more of who you really are," Leto said.

Jared Leto, 30 Seconds to Mars frontman. THE ASSOCIATED PRESS

The lawsuit was eventually resolved, and the band has continued working with EMI.

The band, which also includes Shannon Leto and Tomo Milicivic, will begin a world tour in June to support the new album. A conversation between astronaut Tom Marshburn from the International Space Station and Leto will be available on both the band's and NASA's websites.

THE ASSOCIATED PRESS

ALGONQUIN COLLEGE | Centre for Continuing & Online Learning

EARLY CHILDHOOD EDUCATION ADMINISTRATION

PART-TIME ONLINE

CHOOSE HOW YOU WANT TO CONNECT:

- Take a course
- Start a part-time online program
- Commit to a full-time online program.

Algonquin College's Centre for Continuing and Online Learning offers hundreds of programs and courses in a multitude of fields.

Spring classes start soon. Select your program today.

algonquinconnected.com/eceadmin

YOU COULD WIN

A TRIP FOR 2

TO THE 2013 JUNO AWARDS IN REGINA!

CANADA'S MUSIC AWARDS

APRIL 21 BRANDT CENTRE, REGINA

JUNO AWARDS 2013 CTV

Package includes
2 tickets to The 2013 JUNO Awards Broadcast and various JUNO Public Events, Travel & Accommodations.
PLUS
1 $50 hmv gift card courtesy of

hmv

VISIT clubmetro.com TO ENTER

No purchase necessary. Terms and conditions apply.
For full contest details and terms and conditions, visit clubmetro.com.

Did RPattz and KStew take the fall for Stephenie's fame?

Twilight creator Stephenie Meyer admits she feels some guilt for the circus the lives of stars Kristen Stewart and Robert Pattinson have become. "If they had the choice, I've no idea if they'd even do Twilight again. I just don't know. I think this has all come at a heavy price," Meyer tells Britain's Times magazine. "I just don't think they enjoy the parts (of fame) that other people would. And I totally get that, because it would not be my thing either. At the same time — and this is where the guilt comes from — it's created this nice, peaceful place for me. They took all of my heat, which I feel bad about."

Twilight author Stephenie Meyer ALL PHOTOS GETTY IMAGES

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Download Canada's top rated newspaper app today
"I love this app, it keeps me up to date with what's going on in the city and around the world."
– NB
Google play
SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.
metro

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Here comes the Lohan!

THE WORD
Meredith Engel
scene@metronews.ca

We only wish it was a happy occasion for Lindsay Lohan. The star was greeted with a showering of glitter as she arrived to her latest court appearance on Monday in L.A. Lindsay was, naturally, late to the appearance — she was scared to fly alone, but thankfully, an energy drink company by the name of Mr. Pink hooked her up on the company's private jet, per The Atlantic Wire.

Our question: what's an energy drink company that no one's ever heard of doing with a private plane?

Lindsay Lohan gets glitter-bombed.
DAMIAN DOVARGANES / THE ASSOCIATED PRESS

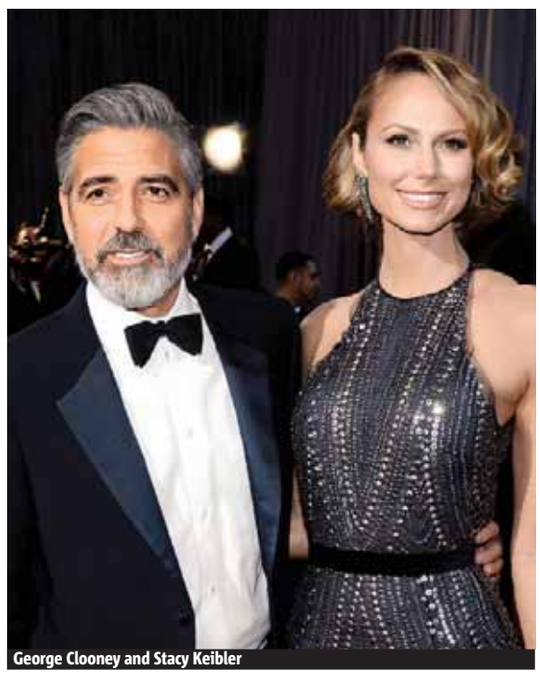
Gwyneth Paltrow

Going for baby three a scary thought for Paltrow

Gwyneth Paltrow has been considering having a third child, but one very traumatic experience from the last time she and husband Chris Martin tried — which resulted in a miscarriage, she reveals — is giving her pause. "My children ask me to have a baby all the time. And you never know, I could squeeze one more in. I am missing my third. I'm thinking about it," the mother of two tells the Mail on Sunday's You magazine. "But I had a really bad experience when I was pregnant with my third. It didn't work out and I nearly died. So I am like, 'Are we good here or should we go back and try again?'"

Clooney and Keibler canoodle, kill the rumours

George Clooney and Stacy Keibler stepped out hand-in-hand for dinner in Berlin this weekend amid rumours that the couple's relationship is in trouble, according to E! News. Clooney and Keibler were dressed casually and were joined by Matt Damon, who joined them after dinner at the Soho House. Clooney is in Berlin filming the Monuments Men.



George Clooney and Stacy Keibler

Put your spring back in spring

Eat fatty fish to make your skin glow. Purge your Facebook feed. Sex, stress, fitness and diet experts share their foolproof tips for starting afresh as Wednesday marks the first day of spring.

ROMINA MCGUINNESS
METRO WORLD NEWS

Eat oily foods for super smooth skin

Oils from salmon and herring have high concentrations of the omega-3 fatty acids DHA and EPA, which offers softer skin and minimize the appearance of wrinkles. Not fond of fish? Watercress, walnuts and flaxseeds are great plant-based alternatives. Cheryl Forberg, nutritionist for The Biggest Loser, recommends eating three to four grams per day.

Eat the right amount of calories at the right time

If you can't figure out how to space out your calorie intake, think, "three meals and two snacks," Forberg tells Metro. "Say you're taking in 2,000 calories a day. Divide this by four. This allows for three, 500-calorie meals and two, 250-calorie snacks."

Have a coregasm

"Any workout involving the core can be a powerful trigger, all you need to do is tap into your erotic tools: your body and breath. Sit-ups are great. Take in a long deep inhale and then as you exhale, crunch and contract the pelvic floor muscles. Hold that tension in your core. As you release, pleasure floods through you. Allow your body to jerk, shake or twitch," says celebrity sexologist Jaiya.

Negativity out, Honesty in

Celebrity Stress Coach Kristen K. Brown says spring is a time to ask yourself: "Am I doing what I should be?" If you're crabby all the time and constantly bitching could you be causing your own drama? Look at your Facebook and Twitter feed to see what you've been posting of late.

Outdoor workouts

Things like tennis, rollerblading, hiking, etc. become a much more viable option in the spring. You can also implement more activities of daily living. "Take morning or evening walks and ride your bike places instead of driving your car," suggests Joe Dowdell, Anne Hathaway's personal trainer and founder of Peak Performance.

Get your morning under control: from p.m. to a.m.

Most mornings you: scramble around looking for a pair of clean underwear and get to work (late) on an empty stomach, buzzing on caffeine. This frenzy sets the tone for the rest of the day.
"Doing more prep in the evening reduces stress," says Brown. "Pick out an outfit and have everything in one place so you can just grab and go." And, as you won't be lying in bed thinking about everything you need to do the next day, you'll sleep better. Bonus.

Sleep seven to eight hours a night

"As we sleep, the body repairs and regenerates itself," explains Dowdell. "But sleep also has a major affect on two key appetite-regulating hormones: leptin, that tells you when you're hungry, and ghrelin, that signals when you're full," he adds. Together, they work like a checks and balances system in the body: "When you lack sleep, your leptin levels drop and your ghrelin levels rise, causing you to crave sugary, high-carb foods. This imbalance can sabotage your diet."

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

CENTRE DENTAIRE RIDEAU DENTAL CENTRE
613-230-7475
2nd Level
Rideau Centre

STRESS FREE AND CARING DENTISTRY
NOW ACCEPTING NEW PATIENTS

Aesthetic, Implant & Family Dentistry Since 1983
Check out our weekly blog at www.rideaudental.ca
This week:
Are you thinking about retiring?

Slim for life

Biggest Loser coach weighs in with new book

Jillian Michaels
THE ASSOCIATED PRESS FILE

Jillian Michaels orders two eggs over easy with a smidgeon of oil and two slices of dry toast.

And coffee.

Coffee?! "Two strong cups, 400 milligrams, fights pancreatic cancer," she says. "Plus Alzheimer's, Type 2 diabetes and improves cognitive functions."

Not that Michaels is a health-nut goodie-goodie.

"I still drink a little bit of alcohol," she confides. "And I haven't been to the gym in five days!" No wonder. There's this grueling book tour on top of an always-heavy workload, plus the routine demands of parenting a three-year-old daughter and an 11-month-old son who, along with her partner, Heidi Rhoades, have come with her on this recent New York visit.

But all is never lost, says Michaels, in the battle to lose weight and be healthy. "Even if you're just standing while you're talking on the phone," she offers, "you can burn up to 300 calories in a day."

That's the sort of forgiving advice found in her latest book, Slim for Life: My Insider Secrets to Simple, Fast and Lasting Weight Loss (Harmony Books). "It's my softest approach to weight loss," says Michaels, a wellness coach to whom the word "soft" is seldom applied.

After all, she is famous as the drill-sergeant trainer on NBC's The Biggest Loser, a five-foot-two-inch force of nature who doesn't hesitate to throw her tautly muscled weight around.
THE ASSOCIATED PRESS

Headache remedies

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Stress is a big trigger for tension-type headaches. Other causes are hormonal changes such as menstruation, dental problems such as jaw-clenching, poor posture, skipped meals, fatigue, anxiety and depression.

Women are 15 per cent more likely to get headaches than men, with the incidence peaking in your 40s and declining thereafter.

In the current issue of Best Health, freelance writer Michelle Villett rounds up over-the-counter remedies to treat headache, and also found some natural ones. Natural remedies include:

Feverfew
This inhibits inflammation so the blood vessels don't spasm so much, according to a naturopathic doctor we consulted. Some studies show that people who take it over time have fewer and less severe headaches.

Butterbur
It's been shown to reduce headache frequency.

Magnesium glycinate
This form of magnesium (that won't cause diarrhea) could be a good choice because it relaxes muscles.

You can also look for relief by massaging your temples with a topical product that has cooling properties. Dilute peppermint essential oil in a carrier oil like olive or coconut, or use a menthol- or camphor-based balm such as Tiger Balm.

The cooling can confuse the perception of pain, and menthol can have a relaxing effect as well as anti-inflammatory properties, which can help relieve pain. For the full article, pick up the March/April issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

A few natural remedies have shown to help with headaches. ISTOCK IMAGES

Uplift your soles

Sneakers. What you wear on your feet has a huge impact on your overall health as well

MEREDITH ENGEL
Metro World News in New York

The head bone's connected to the neck bone. The neck bone's connected to the back bone. The back bone's connected to the thigh bone (and so on).

This may be a little ditty you sang as a kid, but it carries an important message: our body parts work in conjunction with one another.

What starts at our feet, therefore, can influence how the rest of our body behaves. We may develop pains in our hips or back based on how our feet are moving. That's why proper footwear is important for staying injury-free.

We enlisted Dr. Andrew Sands, the chief of foot and ankle surgery at New York Downtown Hospital, to give us some pointers on choosing a good pair of sneakers.

What can wearing the wrong sneakers do for your health?
Sneakers now have different areas of support for differently shaped feet. If someone does not know, for example they have a high arched foot, and the sneaker store salesman sells them something that exaggerates that high arch, it can lead to injuries such as stress fractures or ankle sprains.

If the wrong sneaker means cheap materials and poor construction, and one walks all day on concrete, it can lead to pain, to overload syndromes or stress fractures.

How long should you keep your sneakers?
It depends on how big you are and how much you use the sneakers. If you are a husky guy and you walk all day at work then walk around on concrete in your free time, you should consider having two or more pairs of cushioned shoes. Alternating them allows them to breathe and rest between wearings. The visco-cushioned materials have a chance to rebound.

Eventually, however, these materials get crushed beyond repair and should be replaced.

Also, if you run, the sneakers break down faster. In general, sneakers should be replaced every six to nine months (if you're a big guy) and one to one and a half years if you are a lighter person. Write the date of purchase on the inside label in Sharpie. It makes it easier to keep track.

What should you look for when buying sneakers?
It depends on the shape of your foot. A visit with an orthopedic surgeon who specializes in foot and ankle surgery will guide you in choosing sneakers, shoe wear and associated devices.

What questions should you ask a salesperson about the sneakers you're interested in?
You should know what you need and what you want before you go to the store. I always recommend a sneaker that has width sizing. Manufacturers don't have a standard sizing criterion. Don't go by what you think is your number. Go by the proper fit — one finger space beyond the toe, and the width should be wider than your foot. Your foot shouldn't spill over the sides of your shoes.

What is a more expensive pair of sneakers offering that a cheaper pair isn't?
The materials tend to be better — the shoes might be sewed instead of glued and there might be a removable insert. Avoid seam lines over bunions, as seam lines don't stretch.

To throw away or not...

How do you know when it's time to replace your sneakers?

- **Questions.** Dr. Sands says to ask yourself questions such as: is the heel counter straight or is it smashed down to one side? Are the toes curling? Is the inside liner torn? If yes, replace.
- **Additional factors.** If there is a bad smell or your dog won't sit near you, it is time to buy new sneakers.

Know your feet before you go shopping for sneakers. ISTOCK

Advertisement

Finally A Weight Loss Plan That Works

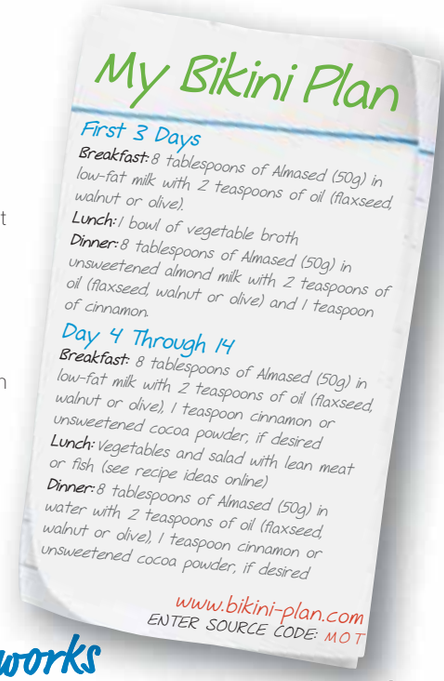
Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.


My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
ENTER SOURCE CODE: MOT

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MOT.

TRUE NORTH nutrition

For retailer inquiries, please call **True North Nutrition** directly at toll free **1-800-261-4223**.

SHOPPERS DRUG MART

Guardian WHITE CROSS DISPENSARY

nutrition house

Nutrition House St. Laurent
Nutrition House Rideau Center

healthstore locator
www.healthstorelocator.com

Forget Gatorade, just pop a Medjool Date Ball

This recipe makes about 18 balls. NATURAL DELIGHTS MEDJOOL DATES

THERESA ALBERT
myfriendinfood.com

As a new runner, I am on a mission to find a way to support my exercise without drinking and eating processed and sugar laden energy packs and sports drinks.

What I have discovered is that I do need a pre-run, low glycemic index, nugget of a power snack.

Then I found that these Medjool Date Balls were the perfect thing to keep in my purse to perk me up from any 3 p.m. slump or high demand, low energy day.

Psst ... kids like them too!

Ingredients

- 1 cup (250 ml) raw almonds
- 16 Natural Delights Medjool Dates, pitted
- Water, for blending
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/3 cup (75 ml) raw almond butter or coconut butter
- 3 tbsp (45 ml) cocoa powder
- 1 tsp (5 ml) ground cinnamon

1. Pulse almonds in a food processor until coarsely ground. Transfer to a bowl.

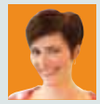
2. Pulse dates in food processor until almost smooth, adding up to 3 tbsp (45 ml) water as needed to help blend.

3. Add almonds back to food processor with coconut, almond butter, cocoa powder and cinnamon and pulse, scraping down mixture in bowl with a wooden spoon as needed until completely incorporated.

4. Transfer to a large bowl. Scoop mixture into 2 tbsp (30 ml) balls, rolling with your hands; place balls on a parchment-lined baking sheet. Cover and refrigerate. **RECIPE COURTESY OF NATURAL DELIGHTS MEDJOOL DATES**

Health Solutions

Start dating again



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once the manna of hikers and hippies, dried fruits are showing up everywhere. They are the perfect glucose nuggets for pre-workout or quick energy during a long run, but they are also a portable simple snack and a little goes a long way. Some ways to get the benefits of these high mineral foods are:

- Medjool dates are actually a fresh fruit since they don't go through a drying process. Purée and roll into balls along with nuts and cinnamon for an excellent appetizer or accompaniment to a cheese platter. They are a great ingredient in loaves as they add anti-oxidants along with sweetness.
- Dried figs can be sliced in half, spread with goat's cheese and lightly baked and then drizzled with balsamic for a stunning appetizer.
- Dried papaya contains papain with is a natural digestive enzyme. Many with stomach issues find it soothing. Chopped into salads and stews, they add a zing of sweetness. Think about simmering them with water, fresh ginger and a splash of sherry for chutney that will make any turkey sandwich sing. The only thing to keep in mind is that dried fruit is a source of concentrated calories, so a little is all you need.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

FLAP Formation lin
axée sur les p

FORMATIONS GRATUITE!
Réservées aux immigrants*
FLAP-Construction: 05 avril 2013
FLAP-ÉPE: 26 avril 2013

FORMATIONS GRATUITES AFIN DE VOUS AIDER À DÉCROCHER OU À AMÉLIORER VOTRE EMPLOI

Vous êtes nouvel arrivant, vous recherchez des résultats concrets, un perfectionnement ciblé dans les domaines de la santé, de l'éducation à la petite enfance ou de l'hospitalité - restauration / tourisme.

Informez-vous dès maintenant en composant le 613 742-2475 | flap@lacitec.on.ca

Ce projet est rendu possible par le financement de :
Citizenship and Immigration Canada / Citoyenneté et Immigration Canada

la cité collégiale
Le Collège des meilleures pratiques

Easy and low fat — it doesn't get any better

NATALIE RICHARD
YummyMummyClub.ca

I love this Cranberry Muffin recipe because it is so easy to make and on top of being healthy and low fat, the muffins are not too sweet.

They make a perfect afternoon snack or even a morning delight.

This recipe makes 12 muffins. NATALIE RICHARD OF YUMMYMUMMY.CA

Ingredients

- 1 cup of all purpose flour (I like unbleached organic pastry flour)
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1 pinch of salt
- 1 tbsp butter
- 1 egg, beaten
- 1/2 cup maple syrup
- 1/4 cup plain yogurt (2% or non-fat)
- 1/2 Granny Smith apple, grated
- 1 cup fresh cranberries

1. Preheat the oven at 350 F.

2. Butter or spray muffin cups with non-stick cooking spray.

3. Mix flour, baking powder, baking soda and salt together.

4. Incorporate the butter and mix in the beaten egg, maple syrup, yogurt and grated apple.

5. Fold in the fresh cranberries and spoon the batter evenly in the muffin tins. Bake until done, about 20 minutes. You can test to see if they're done by sticking a toothpick into the centre of a muffin. If it comes out clean, pull out of oven, let cool on wire rack and enjoy. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Is there something in our brains that can help explain love? ISTOCK IMAGES

Trying to explain love with science

Book. Author looks into our genetic tendencies when it comes to matters of the heart

HEIDI PATALANO
life@metronews.ca

Science has told us so many definitive things about the way our world works, but matters of the heart are still largely a mystery, no matter how much study has been dedicated to figuring out how the human brain operates when in love.

Just ask Kayt Sukel, author of Dirty Minds: How Our Brains Influence Love, Sex and Relationships. Sukel investigated a wealth of neurological studies meant to suss out our genetic tendencies when it comes to mating, but her inspiration to do so came from a very relatable place.

"I was looking for the same thing that anyone with a broken heart trolling the self-help aisle was," she says. "I was looking for some actionable advice — something that sort of made sense and really explained what love was. That's not exactly what I found. I didn't find those 'five ways to make him love you.' I didn't find any rules."

Disappointing? Sure. Sukel says that so many factors can affect the brain's behaviour that it's close to impossible to come up with any hard-and-fast rules of human behaviour when love is involved.

"I found that our brains are plastic, love relationships are complicated even down to the cellular level and whenever you introduce all of these variables together, you get a different situation every time," Sukel says.

But there is one bit of validation Sukel found that will be useful to any woman who has been the victim of infidelity.

"There's this whole camp that says that men are built to cheat," Sukel says. "That it's just their evolutionary strategy, but we've evolved also with this huge frontal lobe and of course that's the centre of decision-making and morality. We've come a long way from the idea that our biology compels us. There's always a choice."

Q&A

Which animal is the closest to humans in terms of mating?

- "A little rodent called the prairie vole," Sukel says. "Not only do they pair-bond for life, but they're also alloparentals — which means that both the moms and dads take care of the babies. They're the best model we have to study these kinds of behaviours, especially in terms of looking at the brain and what's going on there in terms of neurochemical genetics."

For Canadian families, the canine is king

Would you sooner kick your snoring spouse, or your snoring pooch, out of the bedroom? Do you celebrate your pup's birthday? Is your dog included in family photos?

As a recent Purina Dog Chow Family Poll uncovered, one thing is certain: Canada's four-legged friends are cherished members of the family.

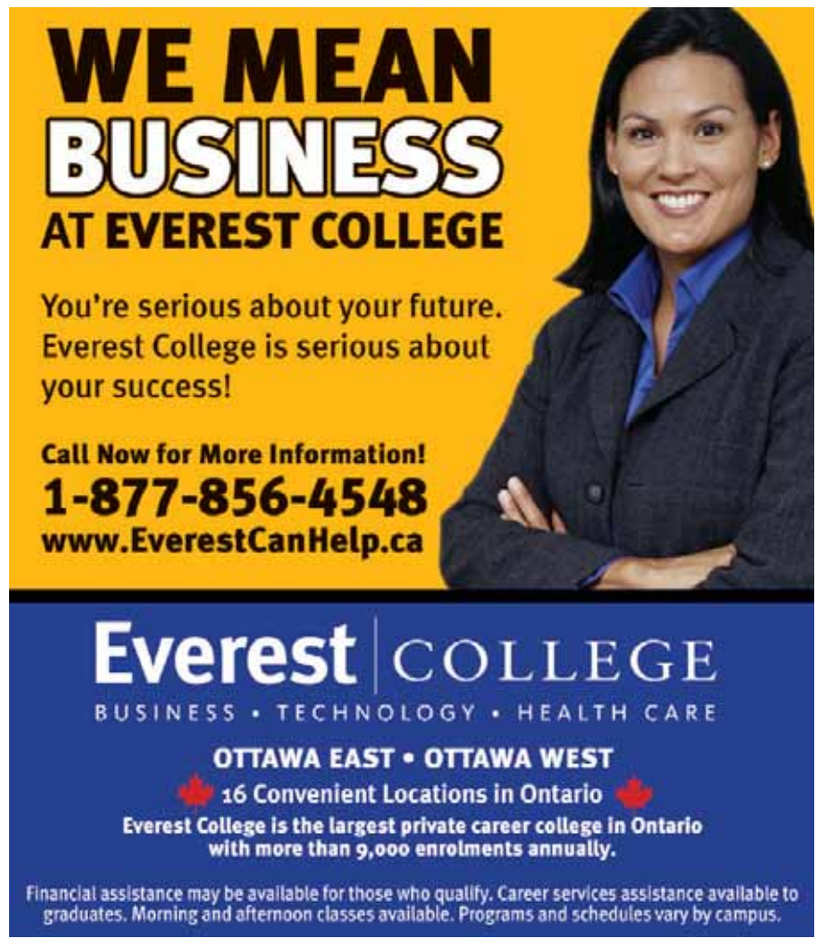
Across the country the feeling is unanimous. Families do not feel complete without their canine companions, and the family dog is rewarded handsomely for it.

More than one-third of respondents (37 per cent) would sooner kick their spouse out of the bedroom for snoring than their dog; half of respondents (51 per cent) say their dog sleeps with them in bed; 61 per cent acknowledge their pup's birthday; 85 per cent include their dog in family photos.

Not only do our furry family members have upgraded sleeping arrangements, but the majority of pet owners wouldn't think about planning a trip (91 per cent), or making weekend plans (87 per cent), without considering their dog in the preparations. And to make their family status official, two in five dogs adopt their family's last name.

Dogs are a cherished member of the family. Often, they're the ones that call the shots. ISTOCK IMAGES

"It doesn't come as a shock that Canadians feel this way about their family pet," said Jill Priest, a dog behaviourist and trainer. "Dogs have evolved from work companions, to full-fledged family members who provide unconditional love and teach us a sense of responsibility." NEWS CANADA


WE MEAN BUSINESS
AT EVEREST COLLEGE
You're serious about your future. Everest College is serious about your success!
Call Now for More Information!
1-877-856-4548
www.EverestCanHelp.ca
Everest | COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
OTTAWA EAST • OTTAWA WEST
16 Convenient Locations in Ontario
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.
Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Programs and schedules vary by campus.

Raise money. Crowdfunding for businesses would give investors stake in company

Crowdfunding would allow small investors to help get companies off the ground. ISTOCK IMAGES

Social media wants to meet up with corporate finance on the Internet to let startup and small businesses raise money online.

It's called equity crowdfunding — different from Kickstarter which funds creative projects like movies, games or music — because it would give these online investors shares in a company.

CEO and president Chad McMillan of Canada Gold Corp. (TSXV:CI) said equity crowdfunding would bring in more investors contributing smaller sums of money, spreading the risk.

"Crowdfunding is an innovative technique using modern technology that provides an opportunity to do that," he said in an interview.

He said it would help democratize investing, allowing small investors to help get companies off the ground.

"I believe there are people who would love to have access to those opportunities as opposed to it just being reserved for the distinguished few."

McMillan said publicly traded junior mining companies such as his own, startup technology and resource companies and any number of businesses would benefit.

"Many companies are finding it quite difficult to access and raise capital to advance their projects or their ideas," said McMillan, whose company is based in Vancouver.

THE CANADIAN PRESS

Laying the groundwork

- Equity crowdfunding is already allowed in Australia, United Kingdom and the Netherlands. Italy is implementing it and the United States also has laid groundwork for it.
- In Canada, a number of provinces are looking at it, including Quebec, Alberta and Ontario.

Five taxing tax myths

Alison on Money.
Fact or fiction: what do Canadians believe when it comes to tax time?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Do Canadians have a few wrong ideas about their taxes? ISTOCK IMAGES

Income tax is complex and, I suspect, deliberately confusing. After all, filing returns employs an entire profession. Not surprising then that Canadians have many wrong ideas about their taxes.

These five myths, culled from H&R Block's free online question and answer service (hrbtaxtalk.ca), can run you afoul of Ottawa or cost you money.

1. I earned less than the $10,822 personal amount so I don't have to file a tax return.

Even if you did not earn more than the $10,822 personal amount and have no other deductions, neglecting to file a tax return may cost or reduce benefits such as the quarterly GST/HST payment or the Ontario Trillium, Quebec Solidarity or Child Tax benefits. Seniors may be entitled to the Guaranteed Income Supplement.

Note: If you have had tax withheld, the refund depends on you filing a return.

2. I can claim a flat rate amount for business mileage.

Self-employed Canadians must keep a logbook to calculate the auto expenses for their business. "You can track your mileage for a year to create a baseline," notes H&R Block senior tax analyst Cleo Hamel, "then the next year track a three week period and if it's the same, you use it for the whole year. But be detailed."

3. Child support is a tax deduction.

Unless your agreement is dated before May 1, 1997, child support payments are reported on your tax return but are not a deduction or included in income.

Note: spousal support payments are tax deductible, however, and considered income.

4. If I work outside of the country, I do not need to file a tax return.

It's all about residency. If you are working outside the country but retain substantial residential ties to Canada, you will be required to file a Canadian tax return.

Note: you can give up residency and have it reinstated later. But it can be complicated. Check out cic.gc.ca/english/citizenship/renounce.asp.

5. Mortgage interest is a tax deduction.

Unlike the U.S., only self-employed Canadians working from home can claim a percentage of mortgage interest as a business expense. "A lot of our confusion about this comes from our close connection with the U.S. and watching American television," says Cleo Hamel.

Tax filing software will steer you clear of most myths. Be sure to file even if you don't have a taxable income.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over $700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Or scan here using your mobile device to learn more.

Advice you can bank on™

*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Dating game

Woods, Vonn say they're an item

Sports has a new power couple: Tiger Woods and Lindsey Vonn confirmed they're dating.

Two months after rumours began circulating in Europe, Woods and Vonn posted separate items on their Facebook pages Monday afternoon to announce their relationship. The posts include photos of golf's 14-time major winner and the Olympic and World Cup downhill ski champion.

"This season has been great so far and I'm happy with my wins at Torrey and Doral," Woods said. "Something nice that's happened off the course was meeting Lindsey Vonn. Lindsey and I have been friends for some time, but over the last few months we have become very close and are now dating." THE ASSOCIATED PRESS

NFL

League to pay ex-players $42M

The NFL has agreed to pay $42 million as part of a settlement with a group of retired players who challenged the league over using their names and images without their consent.

The league will use the money to fund a "common good" trust over the next eight years that will help retired players with an array of issues including medical expenses, housing and career transition. The settlement also establishes a licensing agency for retired players to ensure they are compensated for the use of their identities in promotional materials.
THE ASSOCIATED PRESS

Canadian skip Rachel Homan, left, delivers a rock as Lisa Weagle, right, and Alison Kreviazuk sweep against the United States at the world women's curling championship in Riga, Latvia, on Monday. The U.S. won the match in an extra end. ANDREW VAUGHAN/THE CANADIAN PRESS

Homan splits a pair of defensive battles

Curling. Ottawa rink wins third straight at world champion by beating Russia, then loses in extra end to U.S.

Faced with a make-or-break shot with the game on the line, Canada's Rachel Homan approached her final throw Monday morning just like any other.

She settled into the hack and coolly delivered a perfect draw inside the four-foot ring for a 5-4 victory over Russia. It was another example of the poise Homan displays on the ice, all the more impressive considering it's her first appearance at the world women's curling championship.

The 23-year-old Ottawa skip thrived in the high-pressure moment at the Volvo Sports Center. Make the shot and you remain near the top of the standings. Miss it and you fall into the middle of the pack.

Homan came through to give Canada the victory over Anna Sidorova and the European champions.

"I think it's a sign of all great skips that that's what they can do," said Canadian coach Earle Morris. "That's why there's only a certain number of people that are successful and continue to win year after year. Those people that are comfortable in that skip's position and like to play the high-pressure shots.

"They enjoy being in the environment, they embrace it, and she has that quality. She's able to do that, and that's what you saw this morning."

The comfort level of Homan and her Ottawa Curling Club teammates was evident in the final end. They made the shots when it mattered and put themselves in a great position to win the game.

The victory became even more important later in the day as the Canadian side dropped a 5-4 decision in an extra end to Erika Brown of the United States. Homan will take a 3-2 record into an afternoon matchup against Italy on Tuesday.

Both games Monday were long defensive battles. The teams were content to wait for the other side to make errors.
THE CANADIAN PRESS

4 SPORTS

NEED A RIDE?
Read metrodrive every Wednesday.

Expect a great career with a growing company.

Expect more than just a job.

When you thought we couldn't get bigger! 1400+ employees and 20 years later, we are still growing. If you are looking to make a difference and be part of a growing team, send us your resume. We're looking for people like you.

- ORDER PICKERS/LOADERS
- DZ & DELIVERY DRIVERS
- COUNTER SALES - PLUMBING OR HVAC EXPERIENCE
- INSIDE AND OUTSIDE SALES

MORE THAN 50 BRANCHES NATION WIDE | 200+ DELIVERY TRUCKS
1.5 MILLION+ SQ. FT. OF WAREHOUSE SPACE | OVER 80,000 SKUS

PLUMBING
HVAC
HYDRONICS
INDUSTRIAL
FIRE PROTECTION
BUILDING MAINTENANCE

Noble

Please apply on our career website
noble.ca

T.O. quartet key to Aggies hoop dreams

NCAA. Freshman centre Sim Bhullar leading the charge in New Mexico State's resurgence

Call them the Canadian desert quartet.

When the New Mexico State Aggies lost to Louisiana Tech on New Year's Eve 81-72, it dropped the team's record to 6-8, a far cry from any chance at making it to the NCAA tournament months later.

So when the team beat Western Athletic Conference rivals UTSA three days later and broke a 39-year-old school record for shooting percentage (68.6 per cent), something changed.

The victory sparked a 12-game winning streak — they won 18 of their last 20 — a second straight conference title and a trip back to the big dance.

Led by six-foot-one sophomore guard Daniel Mullings and seven-foot-four freshman centre Sim Bhullar, along with fellow Toronto natives Tyrone Watson and Renaldo Dixon, the Aggies enter the tournament as the 13 seed in the Cinderella-heavy Midwest region and face potential Final Four contender Saint Louis on Thursday afternoon.

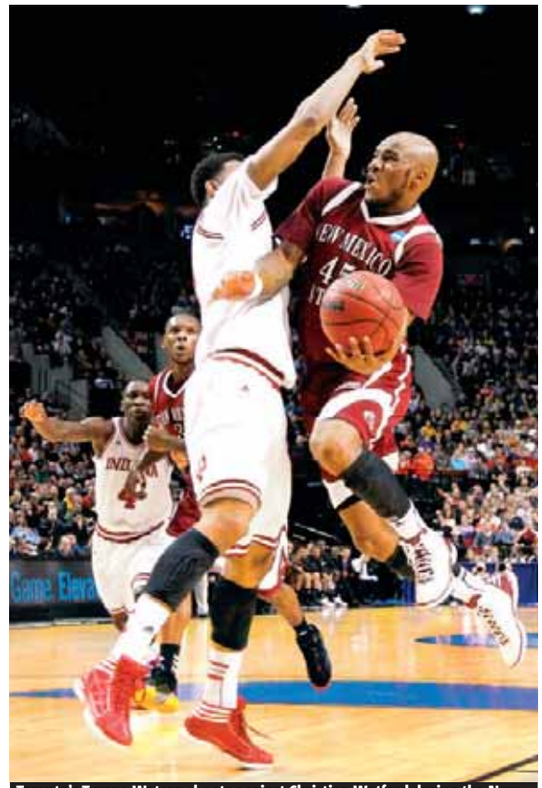
"I get another shot at it and to try to win the game this year," said Toronto-born Mullings, of his second trip to the tournament. "We fell short last year. We have to bring it from the beginning."

The four Canadians have played a pivotal role in the Aggies' (24-10, 14-4 conf.) resurgence over the last two months of the season and helped dominate conference tournament play (they beat opponents by an average of 14 points a game in the team's last six tournament games). In the conference final against Texas-Arlington, Bhullar, a towering freshman centre, helped stave off a late run from the Mavericks by putting on a one man show: 16 points, 15 rebounds and five blocked shots. Named the tournament MVP, Bhullar was the first freshman since Brigham Young's Shawn Bradley to earn the award in 23 years. Bhullar was also named the WAC freshman of the year and was named to the third All-WAC and All-Newcomer team after posting 11.3 points, 7.3 rebounds and 3.0 blocks per game.

Earlier in the season, the New York Times said no matter how far he rises, Bhullar is poised to become the world's first prominent men's basketball player of Indian descent.

Mullings, a former student and player at Wilfrid Laurier Collegiate Institute in Scarborough, was voted to the All-WAC second team after an impressive regular season where he averaged 14.7 ppg, and added 2.6 assists and 2.6 steals per game in conference play.

TORSTAR NEWS SERVICE



Toronto's Tyrone Watson shoots against Christian Watford during the New Mexico State Aggies' March Madness game against the Indiana Hoosiers last season at the Rose Garden in Portland, Ore. JONATHAN FERREY/GETTY IMAGES

Bracketology

Math Madness

A math professor at University of Cincinnati is bringing March Madness into the classroom.

Earlier this year, Mike Magazine introduced his Bracketology class to the business school at the home of the Bearcats. He's teaching business students about the math involved in analyzing teams and filling out their brackets.

The 68-team field came out Sunday, meaning Monday was the unofficial Bracket Day across America — when fans and non-fans alike start making their picks, choosing winners of the 67 games, with hopes of cashing in on the $10 and $20 investments they're making in office pools across America.

The biggest lesson learned in his class, Magazine says, is that math leads us toward lots of correct decisions. Still, that's no guarantee that outcomes always come out the way we plan. THE ASSOCIATED PRESS

NHL. High playoff hopes for Canadian teams

Nine long years.

That's how much time has passed since as many as five Canadian-based teams made the Stanley Cup playoffs.

If the season ended now, there would be five in the post-season — Montreal, Winnipeg, Ottawa and Toronto in the Eastern Conference and Vancouver in the West.

Only Edmonton and Calgary would be left out, although heading into Monday's games the Oilers were just two points behind eighth-place San Jose in the West and four points out of first place in the Northwest Division. The Flames were another two points back.

"It's great to see," Montreal defenceman Josh Gorges said. "Canada's been longing for a team to win a cup and when you have more teams in the playoffs, obviously the odds are a lot greater."

However, it is not like Gorges or any other player is rooting for fellow Canadian teams to make it. They're only concerned about getting their own teams over the hump.

"It's exciting, but that's about it," added Gorges. "I'm worried about us. I don't care whether the other teams make it or not, to be honest."

His teammates said much the same, but that mindset could change if they get into the amped-up atmosphere and media coverage of a playoff series between two Canadian teams.

It hasn't happened since five clubs made it in 2004.

That year, the Flames downed the Canucks in the first round en route to the Stanley Cup final, where they lost in seven games to the Tampa Bay Lightning.

THE CANADIAN PRESS

If the regular season ended today, both the Leafs and Sens would advance to play in the post-season, along with three other Canadian teams. FRANK GUNN/THE CANADIAN PRESS

Women's hockey

Wickenheiser, Hefford lead Canada into world championship

Hayley Wickenheiser THE CANADIAN PRESS FILE

Hayley Wickenheiser, Jayna Hefford and Caroline Ouellette are the veterans leading Canada into the women's world hockey championship in Ottawa next month.

They are among the 23 players named to the Canadian team attempting to the defend the world title Canada won last year in Burlington, Vt.

Ouellette scored the overtime winner in the final against the host United States last year.

Wickenheiser and Hefford will play in their 12th world championship and Ouellette her 11th in Ottawa.

Canada opens against the archrival U.S. on April 2 at Scotiabank Place and also faces Switzerland and Finland in its pool.

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	51	14	.785	—
Indiana	41	26	.612	11
New York	38	26	.594	12 1/2
Brooklyn	38	28	.576	13 1/2
Atlanta	37	29	.561	14 1/2
Chicago	36	29	.554	15
Boston	36	29	.554	15
Milwaukee	33	32	.508	18
Philadelphia	26	40	.394	25 1/2
Toronto	**26**	**41**	**.388**	**26**
Washington	23	42	.354	28
Detroit	23	45	.338	29 1/2
Cleveland	22	45	.328	30
Orlando	18	49	.269	34
Charlotte	14	52	.212	37 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	17	.746	1
L.A. Clippers	46	21	.687	5
Memphis	44	21	.677	6
Denver	45	22	.672	6
Golden State	38	30	.559	13 1/2
Houston	36	31	.537	15
L.A. Lakers	36	32	.529	15 1/2
Utah	34	32	.515	16 1/2
Dallas	31	35	.470	19 1/2
Portland	31	35	.470	19 1/2
Minnesota	23	41	.359	26 1/2
Sacramento	23	44	.343	28
Phoenix	22	45	.328	29
New Orleans	22	45	.328	29

Note: division leaders ranked in top three positions regardless of winning percentage.

MONDAY'S RESULTS

Philadelphia 101 Portland 100
Indiana 111 Cleveland 90
Washington at Charlotte
Dallas at Atlanta
Brooklyn at Detroit
Denver at Chicago
Miami at Boston
Minnesota at Memphis
Golden State at New Orleans
L.A. Lakers at Phoenix
New York at Utah

TUESDAY'S GAMES — All Times Eastern

Orlando at Indiana, 7 p.m.
Portland at Milwaukee, 8 p.m.
Denver at Oklahoma City, 8 p.m.
L.A. Clippers at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	30	22	8	0	108	80	44
New Jersey	29	13	10	6	72	81	32
NY Islanders	28	13	12	3	83	91	29
NY Rangers	27	13	12	2	65	67	28
Philadelphia	29	13	15	1	79	88	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	28	19	5	4	90	70	42
Boston	27	19	5	3	81	57	41
Ottawa	29	15	8	6	72	62	36
Toronto	29	15	12	2	86	83	32
Buffalo	29	10	15	4	76	93	24

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	29	15	12	2	77	85	32
Carolina	27	15	11	1	82	76	31
Tampa Bay	28	12	15	1	92	84	25
Washington	28	12	15	1	78	85	25
Florida	29	7	16	6	70	109	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	23	2	3	95	60	49
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Nashville	29	11	12	6	67	77	28
Columbus	29	11	12	6	64	76	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	27	15	10	2	70	68	32
Vancouver	27	13	8	6	77	77	32
Edmonton	28	11	11	6	69	81	28
Calgary	26	11	11	4	75	87	26
Colorado	27	10	13	4	69	84	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	20	3	4	90	66	44
Los Angeles	27	15	10	2	81	71	32
San Jose	27	12	9	6	64	69	30
Phoenix	28	13	11	4	77	78	30
Dallas	27	12	12	3	69	81	27

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS

Carolina at NY Rangers
Philadelphia at Tampa Bay
Calgary at Dallas
Chicago at Colorado
Minnesota at Vancouver
San Jose at Anaheim
Phoenix at Los Angeles

SUNDAY'S RESULTS

Pittsburgh 2 Boston 1
Ottawa 4 Winnipeg 1
Washington 5 Buffalo 3
Edmonton 3 Nashville 2

TUESDAY'S GAMES — All Times Eastern

Ottawa at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Florida at Carolina, 7 p.m.
Nashville at Columbus, 7 p.m.
Washington at Pittsburgh, 7:30 p.m.
Buffalo at Montreal, 7:30 p.m.
Boston at Winnipeg, 8 p.m.
St. Louis at Vancouver, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

WEDNESDAY'S GAMES

Tampa Bay at Toronto, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Dallas at Colorado, 9:30 p.m.
San Jose at Edmonton, 9:30 p.m.
Chicago at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pit	13	35	48
Kunitz, Pit	18	22	40
Stamkos, TBL	20	18	38
St-Louis, TBL	7	30	37
Kane, Chi	15	19	34
Staal, Car	13	20	33
Tavares, NYI	17	14	31
Vanek, Buf	14	17	31
Voracek, Phi	13	18	31
Ribeiro, Wash	10	21	31
Getzlaf, Ana	10	21	31
Duchene, Col	12	18	30
Datsyuk, Det	9	21	30
Zetterberg, Det	8	22	30
Neal, Pit	17	12	29
Ladd, Win	14	15	29
Moulson, NYI	11	18	29
Semin, Car	8	21	29
Stewart, StL	14	14	28
Parenteau, Col	12	16	28
Letang, Pit	3	25	28
Gagner, Edm	11	16	27
Kadri, Tor	11	16	27
Kessel, Tor	10	17	27
Elias, NJ	9	18	27
Thornton, SJ	5	22	27

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you are determined to make a name for yourself, wait until the Sun moves into your birth sign tomorrow. If you make your move now, you could find that little things go wrong.

♉ Taurus
April 21 - May 21
You appear to be in one of your supremely confident moods, and that's great. But don't forget that bubbles can burst. It might be best not to make too many promises today, to yourself or to others.

♊ Gemini
May 22 - June 21
A new phase is about to begin and if you are smart you will pay less attention to work matters and more to friendships. The people you meet over the next few weeks will benefit you in many ways.

♋ Cancer
June 22 - July 23
Keep your dreams and schemes private today. You may have some wonderful ideas but what's the point in making them public if you can't do anything with them yet? A little secrecy is no bad thing.

♌ Leo
July 24 - Aug. 23
You may be a bit tense at the moment, but over the next day or two it will feel as if you have been born again. Where before you saw doom and gloom you will soon see nothing but hope and joy.

♍ Virgo
Aug. 24 - Sept. 23
You know how to handle yourself in a crisis and that's good because today you will have to use all your courage to sort out a difficult, maybe even dangerous, situation. Others are depending on you.

♎ Libra
Sept. 24 - Oct. 23
As the Sun is about to move into your opposite sign, there will be times when you don't understand why others think and act the way they do. Don't let it faze you.

♏ Scorpio
Oct. 24 - Nov. 22
There is so much junk and clutter in your life. Take a long, hard look at all the things you own and work out ways you can make a bit more room for yourself. Less is more.

♐ Sagittarius
Nov. 23 - Dec. 21
Something wonderful is about to happen. Your sixth sense tells you that life is about to take a major turn for the better and the more you look forward to having fun, the more fun you'll have.

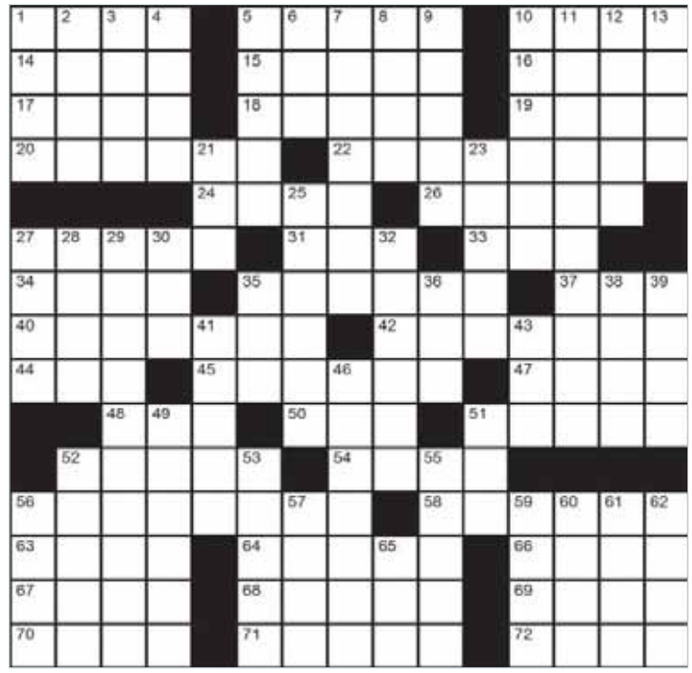
♑ Capricorn
Dec. 22 - Jan. 20
The worst possible thing you can be now is indecisive. What's needed is immediate and forceful action, even if you are not sure what the consequences might be. Don't worry what other people might think — get on with it

♒ Aquarius
Jan. 21 - Feb. 19
There are quite a few minor disputes taking place at the moment, but if you are smart you will ignore them all and get on with what is important to you. Put your needs first.

♓ Pisces
Feb. 20 - March 20
You must be honest about your money situation today, both with yourself and with other people. The Sun's change of signs tomorrow will bring opportunities to improve your cashflow situation, so there's no need to worry. SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



Across
1. March 19-24, 2013: Canadian Music __
5. Ozzy, as Jack or Kelly would introduce him: 2 wds.
10. River of Turkey
14. Competent
15. Emma Roberts, to Julia
16. Drill hole
17. Broadway musical, __ Yankees
18. Related maternally
19. Huffy-puffy mood
20. Solar __
22. Embassy worker
24. Paper pack
26. Of the ear
27. British singer Ms. Goulding
31. '_' __ in Regina
33. "Arctic Air" network
34. Bridal accessory
35. Made up of two
37. Permit
40. English: French
42. Prime Minister __ _. Pearson
44. To the __ degree
45. Batman's city
47. "__ Street" (1987)
48. Even if, briefly
50. Swiss river, variantly
51. Great __ (Dogs like Marmaduke)
52. Piercing
54. Actor Mr. Phillippe
56. "ET Canada" airer: 2 wds.
58. Group of Seven painter Mr. Harris (b.1885 - d.1970)
63. "__ and _" by Lady Gaga
64. Cosmetics company, L'__
66. Car
67. __. __. Helens, Wash.
68. Alan of Great Big Sea
69. Like a slanted line, for short
70. Ladies
71. Ms. Spacek
72. Bryan Adams album: '__ the Fire'

Down
1. Big bits
2. Web auction site
3. Tree types
4. Superman/Clark __
5. Boeotian Muse of memory
6. Feminine side
7. Juno-winning rockers, Theory of a __
8. Play's opening: wd. + Roman Numeral
9. Filmmaker Ms. Mehta
10. Soak up
11. Canadian sportscaster: 2 wds.
12. Font style
13. Cobblestone
21. Bard's 'previously'
23. Beatles' 'In the Sky' girl, and others
25. Record label Clive Davis founded
27. "__ Almighty" (2007)
28. Pre-Easter period
29. Peggys Cove landmark
30. Unwell
32. Wage
35. Li'l life story
36. "Shiny Happy People" b.a.n.d.
38. Detective novelist, __ Stanley Gardner
39. Dining room pieces, for short
41. Marketplace of ancient Greece
43. Lettered airline, once
46. Canadian fast food chain
49. Smoking, gum chewing, and others
51. Genetic letters
52. Laziness
53. Trudges
55. Tin Pan __
56. Rep-doing locales
57. Deanna __ (Counselor on "Star Trek: The Next Generation")
59. Sort of streambed
60. Wreck
61. Louisiana, for one, in French
62. Cancelled, __-__
65. Mr. Gore's

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	5		7			
	4					5	6	
8	9				2	4		
2		8	4				7	
				9				
	7				3	6		5
		7	8				9	1
	1	2					4	
			1		9	2		

Yesterday's Sudoku

7	6	1	5	4	9	2	8	3
9	4	2	3	8	1	7	5	6
5	8	3	6	2	7	9	4	1
1	5	4	7	6	3	8	9	2
3	7	6	8	9	2	5	1	4
2	9	8	4	1	5	3	6	7
8	3	7	1	5	4	6	2	9
6	1	9	2	3	8	4	7	5
4	2	5	9	7	6	1	3	8

Today
0°/-5°
Light snow
80%

Wednesday
0°/-5°
Flurries
60%

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

RBC Royal Bank
"How can I save up for an island getaway?"

It's easy as eSavings

RBC High Interest eSavings®
- Earn interest on every last loonie
- Save automatically with Save-Matic®
- Access your funds anytime

Visit rbc.com/save
Advice you can bank on™

®/™ Trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

OttawaGold

Canada's trusted neighbourhood gold buyers

SELL YOUR GOLD WITH PEACE OF MIND

LEARN THE FACTS AND PROTECT YOURSELF

When it comes to buying, selling, refining and recycling precious metals, OttawaGold is the leading, trusted authority in the industry. We are leading the way by providing a trusted tradition of ethical practices, information and education as well as unparalleled service to each and every customer. We have made major investments to acquire state-of-the-art gold testing equipment to assure exact details of the items being tested. You will be involved in each step along the way.

1. *Bring in your unwanted gold, silver and platinum.*
2. *Our friendly and professional staff will test your items right in front of you and involve you in every step.*
3. *Receive your instant on-the-spot payout!*

HERE ARE A FEW WAYS WE TEST YOUR GOLD:

ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.

SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.

WHAT WE PAY...

KARAT	PRICE
1 ounce (9999) Maple Leaf Coins	$1,576.55/coin
9999 Canada Maple leaf, less than 1 ounce	$50.69/g
24k Jewellery	$39.87/g
22k	$36.52/g
E. Indian/Nuggets	$32.37/g
18k	$29.90/g
Dental Gold (yellow)	$24.32/g
14k	$23.24/g
10k	$16.59/g
9k	$14.95/g
Stamped Sterling Silver Jewellery	$0.57/g
Platinum (950 purity)	$35.21/g

Prices updated as of 13/03/18

613.979.GOLD (4653)

Westgate Shopping Centre
1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm
Saturday, 10am to 5pm • Sunday, 12pm to 4pm

www.OttawaGold.ca